

# From the Raven's Nest...

for Friday, December 13<sup>th</sup>, 2024



**Tis the Season...** This past week we were happy to see many of you at our Winter Concerts. A huge thank you to all of the students and to Ms. McDonnell for all of the work that went into that event. And also a big thank you to all of the staff that came to help organize and enjoy the concert.

The last week of school before the break is an important time but also can be a busy time as we celebrate our progress this term and the upcoming holidays. Please note that there are events/activities happening each and every day (PLEASE see below for specifics). We also have a tradition here at RMS where each day there are elves hidden around the school so you may hear about the search that your child has been involved in to try to earn special treats for their classmates. As you can imagine the energy of three hundred and fifteen excited students is quite palatable at this time of year.

Thank-you for taking the time to review the Learning Updates (what used to be called report cards) that were posted earlier this week. We hope you were able to access the information via <https://parentconnect.sd61.bc.ca/Identity/Account/Login> For instructions on creating an account, visit our school district website at <https://www.sd61.bc.ca/parent-student-resources/parent-connect/> as this is the process that will be used for future updates. If you are still having issues accessing this document, please let me know and I can try to help you get it sorted.



## What's happening at Rockheights next week:

**Monday, Dec 16<sup>th</sup>** - **Cosplay Day** – Students are welcome to dress up as their favourite fictional character

**Tuesday, Dec 17<sup>th</sup>** **Festive Colour Day** - Wear Red, White and/or Green clothing or accessories! Live it up!

**Wednesday, Dec 18<sup>th</sup>** **Dress it up!** Wear a Santa hat, elf ears, bobbers, bobbers, bells or any other Christmas accessory! Have fun!

- Div 8-14 to Silver City Cinemas

**Thursday, Dec 19<sup>th</sup>** **PJ Day** – Hopefully this is self explanatory

**Friday, Dec 20<sup>th</sup>** - **Holiday Sweater Day** – we look forward to seeing your festive attire!

- Div 1, 2, and 3 to Silver City Cinemas

## Looking Further Ahead:

**January 6<sup>th</sup>** – School Reopens

**January 24<sup>th</sup>** – Middle School Pro D Day

**January 31<sup>st</sup>** – PAC Family Fun Night

**Pizza and Subway are finished for this year.**  
**We will have ordering opportunities available again in January**

# SAVE THE DATE! - RMS PAC Family Games Night:



On January 31 from 6pm until 8:00pm there will be a special event for all families from Rockheights Middle School. The RMS PAC will be hosting a Family Fun Games Night with food, fun, and friends. We hope that many of our families will be able to join us!



The Esquimalt Lions will be serving hamburgers and hot dogs (by donation- suggested minimum donation of \$2 per hamburger or hot dog). There will be games, crafts, and activities for people of all ages. All proceeds will be going to support our grade 8 recognition events. We hope that you can join us for this special community building event.

Volunteers are NEEDED! – If you are able to help out for an hour or more at this event please indicate on the following Google doc [https://docs.google.com/spreadsheets/d/1meowf7\\_7O53le\\_IPgc\\_ANi0V3A08fWfyHBg4pcdCAcQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1meowf7_7O53le_IPgc_ANi0V3A08fWfyHBg4pcdCAcQ/edit?usp=sharing) . We can not do this without your help!



**WE NEED YOUR INVOLVEMENT: I wanted to ask that all families spend some time THIS WEEKEND** connecting with your children about their social media presence and **especially those students that are using Snapchat.** There are several group chats that involve many students from our school that are places where inappropriate language, threats and cyber bullying are taking place. This is incredibly dangerous and a good reminder to be connecting with your children and actively monitoring their social media interactions to ensure they are safe and healthy especially as students may be connecting with their peers virtually over the holidays. Our PAC will also be hosting a ***Parent Education Night*** on Tuesday February 11 where we will have experts presenting on **Social Media and Anxiety in Adolescents.** This is a topic that I am sure all of you are interested in so please mark your calendars for this important evening. More information will be sent out in January

We know that every family has its traditions and one of the Rockheights traditions is that we send home hampers to many of our families in need. We will be reaching out to families on Monday so they can pick up their hampers this week and we hope they will make the holidays a little brighter.

Sincerely,

*Aaron Maxwell & Tania Singh*

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

Now What? A beginning conversation to support families moving from reacting to responding when our kids begin experimenting with substances.

Learning that our kids are trying substances can be scary. This video introduces some ways that can help us move from reacting to our fears about substance use to thoughtful responses that support connection with our kids.

Come together with other families to watch this video presentation followed by a facilitated discussion by a FamilySmart Family Peer Support Worker

Cost: Free of Charge (Donat)

Tuesday, December 3rd, 6:30pm-8:00pm (PST)  
 Wednesday, December 4th, 12:00pm-1:30pm (PST)  
 Thursday, December 5th, 6:30pm-8:00pm (PST)  
 Tuesday, December 10th, 6:30pm-8:00pm (PST)  
 Wednesday, December 11th, 6:30pm-8:00pm (PST)

Registration required: [www.intheknow.ca/events](http://www.intheknow.ca/events)

FamilySmart logo

BGC South Vancouver Island offers two programs to support parents of teens: Parents Together, an ongoing online program, and Parents in the Know, a 10-week in-person program. Both provide tools, skills, and support to help parents guide their teens with confidence. Your teen's future starts with your support. Let's navigate this journey together!

<p><b>Parents Together</b></p> <p>When: Tuesdays Online Time: 12:00 PM – 1:30 PM (Ongoing)</p> <p>Join this flexible online education and group support program designed for parents of teens. Gain valuable skills, knowledge, and confidence to guide your teen through their journey into adulthood. The program focuses on 10 key topics, with content tailored to the needs of participating parents.</p>	<p><b>Parents in the Know</b></p> <p>When: Tuesdays In-Person at 345 Wale Rd Time: 6:30 PM – 8:30 PM (10 Weeks)</p> <p>Looking for a more structured experience? This 10-week in-person program offers the same comprehensive topics and support as Parents Together but with a clear beginning and end. Build meaningful connections while learning in a supportive environment.</p>
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Connect with Us:

bgc South Vancouver Island | Changes Everything | Nicole Mackay Family Program Manager | 779-38-1076 | [www.intheknow.ca](http://www.intheknow.ca)

Soon to learn

Parent & Caregiver Education Night- Is it Worry or Anxiety?  
How to Know When Your Child Needs Support

With Guest Speaker Sarah Flaya

Wednesday, January 22 at 6:30pm at Macaulay Elementary

Sarah Flaya is a registered clinical counsellor and the owner of The Child & Family Therapy Centre Victoria. She has been in private practice for 15 years, specializing in the treatment of childhood anxiety, OCD, and all things parenting.

At the end of this presentation you will have the tools to:

- 1) Understand the difference between worry and anxiety
- 2) Identify if your child would benefit from professional support
- 3) Identify an experienced clinician with the appropriate tools to support your family

This is a free event for parents and guardians. RSVP information coming soon