



# From the Raven's Nest...

for Friday, January 17, 2025

Dear Families,

**And just like that...** we are nearing the end of January. It is amazing how quickly the days and weeks seem to go by. We have a few big events coming up as we get closer to the end of the month. With a Pro D day, the Human Library event and the Family Games night, January is going out with a bang!

We still need volunteers for all of these events (except for the Pro D) so if you are able to help out please read the specifics on the next page.

## What's happening next week at Rockheights:

### Monday, January 20<sup>th</sup> -

- Noon - Rainbow Ravens meet in the Art Room

### Tuesday, January 21<sup>st</sup>

- Pizza sales today!- Preorder using [www.schoolcashionline.com](http://www.schoolcashionline.com)

### Wednesday, January 22<sup>nd</sup>

- 7/8 Girls Competitive Team have a Game at Colquitz

### Thursday, January 23<sup>rd</sup> h

- SUBWAY Day for those that pre-ordered

### Friday, January 24<sup>th</sup> - PRO D DAY- NO SCHOOL for students

## Volleyball Practice Schedule...

Monday	Tuesday	Wednesday	Thursday	Friday
7/8 Girls Camp (Snider)		Before School	(optional) Post all girls teams practice	
Nutrition Break				
		Lunch		
6/7 Girls B (Ruffalo & Leonard)	7/8 Girls Rec (Dresler)	6/7 Boys (MacInnis & Malenowski)	7/8 Girls Camp (Snider)	6/7 Girls A (Petrovski)
After School				
7 Girls Camp (La Prairie)	7/8 Girls Camp (Snider)		7/8 Boys (Campbell)	(optional) All girls teams practice (see 4 camp)

## **Pizza Days are BACK!** –Bulk and weekly Pizza sales are set up on

[www.schoolcashionline.com](http://www.schoolcashionline.com) and will be available until Sunday night at midnight.



Thank you for your continued support to remind your child(ren) to dress for the weather. The daily expectation is that students should be headed outside for the breaks as we know that fresh air and movement are crucial for them to be able to focus throughout the day. A gentle reminder to bring a jacket, or warm layer, is a big help when they are getting ready to head out for the breaks. We really appreciate your help with this.

Sincerely,

*Mr Maxwell and Ms. Singh*

**A note from Ms. McDonell - Music Discoveries** is a unique experience for learning, playing, meeting new friends, and making forever memories. If your child is in grades 6, 7, or 8 and are currently in a middle school music program, this camp is a perfect kickstart to their musical journey. At music discoveries, your young musicians in band, choir, or strings programs will have the opportunity to play music with students from all over the Greater Victoria Area in a fresh learning environment. Each year, Music Discoveries is tied together with a theme. The themes inform what kind of songs we'll play and sing and other ongoing camp activities! The theme for Music Discoveries 2025 is MEDIEVAL! Music Discoveries runs from Friday, January 24th (the Pro D Day) to Sunday, January 26th at the School of Music at UVIC. For a full schedule and more information, visit their website <https://musicdiscoveries.ca/>

## Krispy Kreme LAST CALL (maybe?):

One more week to pre-order your doughnuts. The pick up is Friday Jan 31 here at the school between 3pm and 4:30pm, or later that evening at the Family Fun night.

Only \$20 per dozen! To ensure your order, pre-orders can be made until Jan 23 at: <https://sd61.schoolcashonline.com/Fee/Details/63394/140/False/True>



## Rockheights Human Library Event – Wednesday Jan 29- We need you!

Do you have a unique hobby or an interesting job? Are you an entrepreneur, an artist, or do you have a fascinating life story that you would be willing to share? Rockheights is planning a Human Library Event! We are looking for “Human Books” who would be willing to have a conversation with our students.

*If you answered yes to any of the above questions then we need you! (Or if you have a friend or relative that you think would be interested then please share this with them as well)*

We know that middle school is a time for students to explore and try new things. Many of you were probably inspired by people you met when you were the age of our students and this is a chance to maybe pass that on to our students. The “Human Library” is an activity where people are the books and students get a chance to meet some adults that are willing to share some of their experiences. It is not about doing a formal presentation about your experiences but rather having an informal conversation with our students about what you have experienced or what inspired you in the direction of your life. Participants can come for a couple of hours, for the morning or afternoon or for the full day depending on your availability.

If you have an artifact(s) that is related to what you do, or have experienced, then you can have them displayed and students will be touring around and asking questions to hear your story.

I have been involved in this activity several times and it has been great to see parents, the public, and even former students share their experiences and hopefully plant the seeds of inspiration for our students. If you are willing/interested in taking part in this event, then please complete the form found at: <https://forms.gle/dcf9VoFPubhDXfs7A> and I will connect with you to get you more details. If you have any questions about this please do not hesitate to email me directly

## It is just around the corner- 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!