



From the Raven's Nest...

for Friday, January 24, 2025

Dear Families,

Family Fun Night this coming Friday... Well it has been a busy week with the start of our volleyball season and practices each and every day. Friday saw teachers from all of our middle schools collaborating and learning from each other on a variety of topics that included student mental health, executive functioning skills, academic skill development and even AI and how it is changing what we do. It was a busy day for all of our staff. This week we have volleyball games for all seven of our volleyball teams, the Human Library event on Wednesday and the week wraps up with our PAC Family Fun Night. Life at Rockheights is always busy and hopefully the calendar below will help you keep track of dates and times

Next Friday is our Family Fun Night and we hope you will be able to join us between 6pm and 8pm. There will be hamburgers and hot dogs (by donation – so please bring your tweekies!) that are being cooked by the Esquimalt Lions Club so that people can come, have dinner, do a craft, and play some fun family games. We hope you will join us even if only briefly!

What's happening next week at Rockheights:

Monday, January 27th -

- Noon - Rainbow Ravens meet in the Art Room
- Mr. Campbell's Grade 7/8 Boys Volleyball at **Rockheights**

Tuesday, January 28th

- Pizza sales today!- Preorder using www.schoolcashionline.com
- Ms. Petropoulos's Grade 6/7 Girls Volleyball at **Rockheights**
- Ms. Ruffolo/Ms. Learned Grade 6/7 Girls Volleyball at **Journey Middle School**
- Ms. LaPrairie's Grade 7 Girls Volleyball at **Centre Mtn Lellum**

Wednesday, January 29th - Lunar New Year!

- **HUMAN LIBRARY EVENT** – all day in our LLC
- Mr Snider's 7/8 Girls Competitive Team at **Rockheights**

Thursday, January 30th

- SUBWAY Day for those that pre-ordered
- Mr. Malinowski's Grade 6/7 Boys Volleyball at **Rockheights**

Friday, January 31st -

- 6-8pm RMS PAC Family Fun Night

Upcoming Dates:

Feb 10-14 – K-12 Transfer Process for those that are interested in trying to transfer schools

Feb 13 – Grade 8 students go out on the boat for the Exploring the Salish Sea Program

Feb 14 – Pro D day

Feb 17 – Family Day Holiday

Volleyball Practice Schedule...

Monday	Tuesday	Wednesday	Thursday	Friday
7/8 Girls Comp (Snider)		Before School	(optional) All girls teams practice	
Nutrition Break				
6/7 Girls B (Ruffolo & Learned)	7/8 Girls Rec (Snider)	Lunch	7/8 Girls Comp (Snider)	6/7 Girls A (Petropoulos)
After School				
7 Girls Comp (La Prairie)	7/8 Girls Comp (Snider)	6/7 Boys (Macneils & Malinowski)	7/8 Boys (Campbell)	(optional) All girls teams practice (Rec & Comp)



Pizza Days are BACK! –Weekly Pizza sales are set up on www.schoolcashonline.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. It has been quite chilly and that is expected to continue. 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

Rockheights Human Library Event – Wednesday Jan 29

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/dcBVoFPubhDXIs7A> 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 at amaxwell@sd51.bc.ca Thanks!

This coming FRIDAY- 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 . We can not do this without your help!