



From the Raven's Nest...

for Friday, January 31 2025

Dear Families,

Family Fun Night TONIGHT... 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 twoonies!) 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!

Krispy Kreme pick up is today as well. You can pick up pre-orders from the school between 3 and 4:30 or at the Family Games night from 6-8pm. If you have not had a chance to order, don't worry we will also be selling them tonight at the Family Games Night or if any are left, there will be a stand set up tomorrow at Save-On-Foods starting at 10am and going until they sell out.

I also want to send a huge thank you to our PAC Executive and all of the PAC volunteers that have helped out with these events. We really appreciate you making the time to support our entire community.

What's happening next week at Rockheights:

Monday, February 3rd -

- Noon - Rainbow Ravens meet in the Art Room

Tuesday, February 4th

- Pizza sales today!- Preorder using www.schoolcashionline.com
- Mr Snider's Grade 7/8 Girls Volleyball practice after school
- Ms. LaPrairie's Grade 7 Girls Volleyball at Spencer

Wednesday, February 5th

- Mr Snider's 7/8 Girls Competitive Team at **Pacific Christian**

Thursday, February 6th

- Grade 8 students start the "Exploring the Salish Sea" program
- SUBWAY Day for those that pre-ordered

Friday, February 7th -

- 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) Post all girls teams practice	
Nutrition Break				
Lunch				
6/7 Girls B (Ruffalo & Leard)	7/8 Girls Rec (Snider)	6/7 Boys (MacInnis & Malenowski)	7/8 Girls Comp (Snider)	6/7 Girls A (Petrovich)
After School				
7 Girls Comp (La Prairie)	7/8 Girls Comp (Snider)		7/8 Boys (Campbell)	(optional) All girls teams practice (see # girls)



Pizza Days are BACK! –Weekly Pizza sales are set up on www.schoolcashionline.com and will be available until Sunday night at midnight.

Upcoming Event...

Join us for a
parent education night
FEB 11, 6:30
Rockheights Middle School

Guest Speakers:

Christina Martin, M.A.
Counselling Psychology
and
Susanna Longridge,
RCC(BCACC) MACP, BA

Hosted by Rockheights Middle School PAC

**SOCIAL
MEDIA
AND YOUTH
MENTAL
HEALTH**

We hope you will join us for the following Parent Education Night. Social Media and Mental Health were the two highest topics in the parent survey that we shared at the start of the year so we are thrilled to be able to provide this session. If you are able to join us, please register by clicking

[HERE](#)

so we can ensure space for those that want to attend.

HUMAN LIBRARY



A huge THANK YOU to all of the community volunteers that took place in our Human Library event this week. We had a great diversity of people for students to interact with. From Tech Entrepreneurs, to Paralympic gold medalist and world record holder, Fire Fighters, Engineers, Naturalists, Cultural support workers, a member of the Women's National Rugby Team, and so many more. It was a great day and so nice to see our students engage and ask such great questions.

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. There are even some reports of SNOW! If that happens please refer to the district protocols found at –

[INCLEMENT WEATHER PROTOCOLS](#)

We really appreciate your help with this.

Sincerely, *Mr Maxwell and Ms. Singh*