



From the Raven's Nest...

for Friday, February 14th, 2025

Dear Families,

Happy Valentines Day and Family Day... as we race through February, we hope you take some time this weekend to celebrate love and spend time surrounded by family. We know that it is a difficult time of year and this cold weather makes extra challenging. I hope you are able to spend some time celebrating family.

Here at the school we have been trying to track our SEVEN volleyball teams as they head off to represent our school. All of the teams have done an amazing job and it is hard to believe we are over half way through the season.

Throughout the school we have been celebrating and learning about Black History month and looking at the themes of Diversity, Inclusion and Equity. There have been groups working with Camosun College to learn about their trades programs, and our grade 8 students all went out today on the water to Explore the Salish Sea. Middle School is a very busy place!

What's happening next week at Rockheights:

Monday, February 17th - Family Day Holiday

Tuesday, February 18th

- Pizza sales today!- Preorder using www.schoolcashionline.com
- Ms. Petropoulos's Grade 6/7 Girls Volleyball at Cedar Hill
- Ms. Ruffolo/Ms. Learned Grade 6/7 Girls Volleyball at Rockheights
- Ms. LaPrairie's Grade 7 Girls Volleyball at Dunsmuir

Wednesday, February 19th

- Mr Snider's 7/8 Girls Competitive Team at Rockheights

Thursday, February 20th

- SUBWAY Day for those that pre-ordered

Friday, February 21st -

- CC Afternoon – 11:35am dismissal - please see form that were sent home by your child's advisory teacher for details.

Upcoming Dates:

Feb 26 – Pink Shirt Day

Mar 10 – Second Learning Updates available for parents

Mar 12 – Concert tour of Elementary Schools

Volleyball Practice Schedule...

Monday	Tuesday	Wednesday	Thursday	Friday
7/8 Girls Camp (Snider)		Before School	(optional) 8am all girls teams practice	
Nutrition Break				
Lunch				
6/7 Girls & (Lefebvre & Learned)	7/8 Girls Rec (Snider)	6/7 Boys (MacKenzie & MacKenzie)	7/8 Girls Camp (Snider)	6/7 Girls A (Petropoulos)
After School				
7 Girls Camp (La Prairie)	7/8 Girls Camp (Snider)		7/8 Boys (Campbell)	(optional) All girls have practice (see 4 Girls)



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

Parent Education Night...

A big thank you to the PAC and to Ms. Singh for organizing our Parent Education night this past Tuesday. The topic of Mental Health and the impacts of technology on it was very applicable to all of our families. We were fortunate to have Susanna Longridge and Cristina Martin from Mindkey Health come and present to us. Some of the key points included:

- Technology has some positives and negatives aspects
- most applications use “hooks” to engage and encourage users to use them more and more
- please ensure you are an active participant in your child’s online behaviour
- set up regular times that children are able to decompress from the stresses of being online
- creating family routines, and modelling proper behaviour, is crucial to students learning to engage with technology responsibly.
- privacy settings and control apps are available to help filter some of the information that students may be exposed to

Please also refer to the attached documents that were provided by the presenters for more specifics on the information that was covered.



Also, we continue to struggle with students that are misbehaving online and specifically in group chats on Snapchat. If your child has one or more Snapchat accounts, please take some time to review which groups they are a part of and who they are connecting with. I have told several families that there are many fake accounts out there (in fact there are multiple “*Mr Maxwell*”, “*Aaron Maxwell*”, and “*Maxwell the principal*” accounts out there that are pretending to be me!) so students may not even know who it is that they are talking to!

Curriculum Catch Up afternoon - As you know each term we set aside time for students that need additional one on one support to get caught up on their curricular learning tasks. The next one is Friday afternoon and hopefully you received a form home so that you know if your child is required to stay for this afternoon. Even if your child is up to date, families are welcome to request their child to stay for the afternoon and they can work quietly on a variety of tasks. We do ask that all forms are returned by Wednesday February 19 so that we can plan for Friday afternoon



Lastly, we really hope that you have a great long weekend. We know that the month between now and Spring Break will go by very quickly as there are many events and activities scheduled. We do our best to highlight them on these updates, but also encourage students to be listening to the daily announcements as there are changes that happen from time to time. We hope you have a great long weekend.

Sincerely, *Mr Maxwell and Ms. Singh*

Community Opportunities:

We have 2 FamilySmart events and one event from Esquimalt Neighbourhood House to share with you this month:

(1) February - ADHD - The Real Deal

Join us in watching a video by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. **Speaker:** Dr. Don Duncan, Child and Adolescent Psychiatrist

RSVP: <https://familysmart.ca/monthly-events/>

Watch now: <https://youtu.be/A9Vpmh7iHbc?si=yGjf5dylRvtzcOak>

(2) February - For Families: A Conversation About Eating Disorders

Families do not cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, parent, and Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie's Legacy Rylee McKinlay, Youth with Lived Experience Terri McKinlay, Parent with Lived Experience

RSVP: <https://familysmart.ca/monthly-events/>

Watch Now: https://youtu.be/KMvVWz89YE8?si=kDFBAyO-ND_VxK1F



Take care

Lisa

Parent Peer Support Worker -
Victoria, Sooke, Westshore

www.familysmart.ca

A colorful poster for a 'TEEN SKATE' event. The title 'TEEN SKATE' is in large, bubbly letters. The background is light blue with snowflake and bubble patterns. It includes details about the event dates, location, and contact information. Decorative elements include a rainbow flag, snowflakes, and ice skates.

TEEN SKATE

Join Esquimalt Neighbourhood House
for a free teen skate

February 20th and 27th 3:00–6:30pm

For youth 13–18 years old

Meet at Archie Browning at 3:00pm
Free Skate from 3:00pm–4:20pm
Walk back to the Esquimalt Neighbourhood
House and enjoy pizza and snacks until 6:30pm

Skate rentals included, helmets must be worn

To register for one or both dates, please call
or text Marena 250–686–0716 or DM us on
Instagram @enh.youth

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