



From the Raven's Nest...

for Friday, February 7th, 2025

Dear Families,

Let it snow... and it has been quite a week. We appreciate your flexibility around the snow day that we had on Tuesday. The students have been doing a pretty good job this week following the safety expectations. It is hard to remember that regular activities such as throwing snowballs and sledding can be dangerous when we have 300 students trying to do them at the same time in the same space. Unfortunately, today with the field being so icy we had to stop the sledding as too many students were running into each other resulting in some minor injuries. I hope that students are able to get out sledding this weekend, but we please ask that you keep the sleds/sledding materials at home next week as there have been too many accidents.

We appreciate your support with reinforcing the expectations with your child(ren).

What's happening next week at Rockheights:

Monday, February 10th -

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

Tuesday, February 11^h

- Pizza sales today!- Preorder using www.schoolcashonline.com
- Mr Snider's Grade 7/8 Girls Volleyball practice after school
- Ms. Petropoulos's Grade 6/7 Girls Volleyball at **Journey Middle**
- Ms. Ruffolo/Ms. Learned Grade 6/7 Girls Volleyball at **Dunsmuir Middle School**
- Ms. LaPrairie's Grade 7 Girls Volleyball at **Rockheights**
- 6:30pm Parent Information Night in the LLC

Wednesday, February 12th

- Mr Snider's 7/8 Girls Competitive Team at **Rockheights**
- Ms Dresler's 7/8 Girls Team at **Selkirk Montessori**

Thursday, February 13th

- Grade 8 students go out on the boat for the "Exploring the Salish Sea" program- please dress warmly!
- SUBWAY Day for those that pre-ordered
- Mr. Malinowski's Grade 6/7 Boys Volleyball at **Selkirk Montessori**

Friday, February 14th - Pro D Day – no school for students

Upcoming Dates:

Feb 17 – Family Day Holiday

Feb 21 – CC Afternoon

Feb 26 – Pink Shirt Day

Volleyball Practice Schedule...

Monday	Tuesday	Wednesday	Thursday	Friday
7/8 Girls Camp (Snider)		Before School	(optional) 8:00 all girls team practice	
Nutrition Break				
Lunch				
6/7 Girls & (Ruffolo & Learned)	7/8 Girls Rec (Dresler)	6/7 Boys Rec (Macdonald & Macdonald)	7/8 Girls Camp (Snider)	6/7 Girls A (Petropoulos)
After School				
7 Girls Camp (LaPrairie)	7/8 Girls Camp (Snider)		7/8 Boys (Completed)	(optional) All girls team practice (Rec & Girls)

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



Parent Education Night...

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

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

Transfer Information — This is student transfer week so if you are interested in your grade eight child transferring to a different high school than the one that they are pre-transitioned to or if you are interested in trying to transfer to another school, this is the week to express that wish. Please note that all students that live in our catchment are automatically transitioned to their neighbourhood school. So, for the majority of our grade eights that is Esquimalt High School and for students in grade 5 that live in the Vic West and Macaulay catchment, they are automatically transitioned to Rockheights for English track and to Shoreline if they are in Early French Immersion.

The Greater Victoria School district does everything we can to ensure that students are able to attend their local neighbourhood school and due to the limitations on school capacities, we have a priority system when looking at transfer requests. More information about this, as well as the transfer request form can be found at <https://www.sd61.bc.ca/registration/student-transfer-process/>

At Rockheights we “Have our Materials” and that includes a lunch.

We are very fortunate to have food available to students throughout the day, but there are some students that are choosing not to bring food from home and are quite open about the fact that they just hoping to get leftovers from the lunch program. The lunch program is available to families that need the additional support and please reach out to Mr Maxwell if that is the case. Otherwise, please help us ensure there is food for families in need by reminding your child to pack and bring a lunch with them to school.

Lastly, on behalf of all of us here at the school, we really appreciate your support and communication if things are popping up at home. We appreciate that you only receive one side of the story and that can be challenging to know how to respond to what you may be hearing. We really do appreciate the communication and are always willing to investigate and share what we can find out from a school perspective.

Sincerely, *Mr Maxwell and Ms. Singh*