



From the Raven's Nest...

for Friday, May 16, 2025

Looooong Weekends...

It was great to welcome all the future Ravens to our district transition afternoon on Thursday. Middle School years are so short but also impactful, and that is always amplified as our Grade 8's visit and start their transition to high school.

I also know it is a long weekend as tomorrow we have our Pro D Day and then Monday is the Victoria Day holiday. I know there are many different activities, that may include sports games, camping trips, the Highland Games or the Victoria Day parade, that will keep many of students busy over the weekend. We hope everyone can find some time to rest as this is the last break as we push through to the end of the year. We only have six weeks left of school and those six weeks will be packed full of activities to wrap up the year. I know it is a time to celebrate the progress people have made this year so there will be a variety of activities so please watch these updates as well as the individual notices sent home to families.

Sincerely, *Mr Maxwell and Ms. Singh*

What's happening next week at Rockheights:

Monday, May 19th - Victoria Day Holiday

Tuesday, May 20th

- Pizza sales today!- Preorder using www.schoolcashionline.com

Wednesday, May 21st

- Camosun Trades Trailer here for grade 8 students to tour

Thursday, May 22nd

- SUBWAY day for those that preordered
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Friday, May 23rd

- Div 2 to the Rainbow Kitchen
- Division 8-10 going to Silver City Cinemas

Looking Further Ahead:

**Wednesday May 21 – Camosun Trades Trailer
for Grade 8 classes**

Wednesday May 28 – Band Concerts in the Gym

**Wednesday June 4 – Strings and Choir Concerts
in the Gym**

Pizza Note: The next Pizza Day will be Tuesday May 20th.

We have the weekly order options available now until Sunday evening on www.schoolcashionline.com

Thanks!



At Rockheights, we use our unique strengths and challenges to build an empowered community.

1250 Highrock Ave. Esquimalt, BC V9A 4V7 Ph: (250) 384-7125 Fax: (250) 384-7263

Before you...



THINK!

T - Is it true?

H - Is it hurtful?

I - Is it illegal?

N - Is it necessary?

K - Is it kind?

Social Media challenges- Well, I wish I was writing to tell you that these have slowed down, but just the opposite, they seem to be on the rise. There seem to be more and more instances of people posting mean and nasty things online towards their peers. **I am asking that you please take 30 minutes this weekend to talk with your child about their online presence and review:**

1. The platforms they are using (SnapChat, Instagram, TikTok, Discord, etc...).
2. The photos and videos they have in their camera roll (including the recently deleted)
3. The things that they are posting/sharing with others.
4. Who are they following/sharing information with, and are these people that you want your children to be connected with?

I realize these can be difficult conversations, but they are absolutely necessary. Many of our students are not aware of the extent of the messages that they are posting and some students believe that the things they post don't matter because they will disappear completely.

Unfortunately, this is not the case as many users, screenshot the posts and then circulate them to others. This is a huge problem and we need your help monitoring your child's online usage. As I tell my boys, I pay for their phones (and the house WiFi) so that means they are mine and I randomly check them from time to time to see what they are sharing. My boys are 18 and 20 and they still are making lots of mistakes by not realizing that the things they put online can affect their lives as they get older. The things that young people are sharing now can follow them forever and so we need to ensure there is regular supervision as these young people try to navigate adolescence and beyond. Students are being denied access into post-secondary institutions or future employment based on naïve mistakes that they have made with social media. Please help your child(ren) by being active in their online lives! It is one of the most important things you can do, in my opinion, as a parent these days!

CLASS BUILDING:

There is a lot of input that goes into class building and we try to create classes that will provide the support and social attributes that are best for each child. We know that having social connections is incredibly important and trying to balance the educational needs with the social emotional needs of each child is a challenging thing. That being said if there are peer dynamics that you think we need to be aware of, such as friendships that are crucial or peers that would be detrimental to your child's schooling next year, please feel free to forward those to me, by email, before Friday May 30, 2025. We do our best to accommodate the complex needs of each child and appreciate your support and input into this process. ALSO – if you know that your child will NOT be here next year, please let us know so that we can help with their transition to their next school.



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