

From the Raven's Nest...

for Friday, Sept 19, 2025



Dear Families,

First of all, thank you to all of the families that made it out to our PAC Welcome Back BBQ and Meet the Teacher evening on Thursday. The turnout was great and a huge thank you to the Esquimalt Lions club that cooked 250 hamburgers and 170 hot dogs for everyone that attended! We are very fortunate to have such incredible community support for these events.

Monday is our first Professional Development day of the year and all of our staff will be working hard on planning the direction and school events that we will be incorporating this year.

We have many activities taking place this week and will try to list them in the week at a glance below. Have a great week!



What's happening at Rockheights next week:

Monday, Sept 22nd - Pro D Day – NO SCHOOL for students

Tuesday, Sept 23rd -

- **FIRST PIZZA DAY** of the year!
- **Soccer Intramurals at LUNCH**

Wednesday, Sept 24th

- **Lunch - Cross Country Practice**

Thursday, Sept 25th

- **Soccer Intramurals at LUNCH**
- **3:30pm Cross Country Meet at Lambrick Park**

Friday, Sept 26th

- **Raven's Club planning meeting at Lunch**

Looking Further Ahead:

Monday, Sep 29 **Orange** Shirt Day

Tuesday, Sep 30 National Day for Truth and Reconciliation (Holiday)

October 7- 25 FSA for Grade 6 students

Monday October 13
Thanksgiving (Holiday)

Identity, Experimentation, and Acceptance... As many of you know, adolescence and the middle years bring a whole new level of challenges, changes and opportunities for young people. One of the main reasons that we have middle schools is so that we have the staff (and infrastructure) to try to support students during these challenging years.

We know that as young people move into, and through, adolescence they become much more aware and often self conscious of differences between themselves and others. That is one of the main reasons that our vision statement here at the school is: ***"At Rockheights, we use our unique strengths and challenges to build an empowered community."*** Our goal is to help ALL students identify their strengths, challenges, and feel empowered as they move through this challenging part of their lives. If you are interested in reading more about this an article that I would recommend is [Identity and Experimentation in Early and Mid Adolescence](#) from Psychology Today.

We have many students that experiment and try different behaviours as they work through their personal identity journey. The key, and one of our greatest challenges, is to support all members of our community with acceptance, especially when others are experimenting in a way that is confusing to them. That can be when students start hanging out with new friend groups, start behaving in new or novel ways, and even experimenting with different types of dress or accessories. As you may remember from your adolescent years, this can be a confusing time and acceptance and support are crucial for all of our students. Another article that I have shared with staff is from Edutopia and it is called [Encouraging Middle School Students to Embrace Differences](#)

We thank you for your continued support, and communication, as we try to help all of our students identify their personal strengths and challenges, as we know that this diversity is what makes this place the special community that it is!



Pizza Tuesdays are BACK! This year we will continue to place orders online using SchoolCash Online. **ALL ORDERS WILL NEED TO BE SUBMITTED BY MIDNIGHT ON THIS SUNDAY.** All orders can be placed using www.schoolcashonline.com and you will be able to order one week or multiple weeks for the current month. All proceeds from these sales go towards school events and our music program, so we appreciate your support.

All beginner band students are asked to please attend a first lesson on their instrument next week.

There is a lot to know about playing an instrument for the first time. Instruments are fragile, and if your child has not been taught how to assemble it correctly, damages can happen very quickly. To get everyone off to a great start, please do not try to assemble the instrument at home until your child has had a lesson on it!

Flutes: Tuesday, September 23 3-4pm (after school), Music Room

Clarinets: Wednesday, September 24 3-4pm (after school), Music Room

Saxophones: Friday, September 26 3-4pm (after school), Music Room

Trumpets: Tuesday, September 23 12:10-12:58 (lunch), Music Room

Trombones: Wednesday, September 24 12:10-12:58 (lunch), Music Room

Baritone / Euphonium / Tuba: Thursday, September 25 12:10-12:58 (lunch) Music Room

Bass Guitar: Friday, September 26 12:10-12:58 (lunch) Music Room

Percussion: Friday, September 19 12:10-12:58 (lunch) Music Room

Students will NOT be allowed to use their instruments in class until they have had a lesson on how to assemble it. If you are not able to make it to their lesson time, please speak with Ms. McDonell.

Thank you again to the RMS PAC and the Esquimalt Lions for all their work to make our Welcome Back BBQ/ Meet the Teacher Night such a great success.

Sincerely,

Aaron Maxwell
Principal

Beth Richardson
Vice-Principal

