

From the Raven's Nest...

for Friday, November 7, 2025



Lest We Forget... Today we had our entire school visit Esquimalt Veteran's Cemetery (God's Acres), to recognize and remember our fallen military veterans by taking part in a "No Stone Left Alone" ceremony. This ceremony has been an important part of the Rockheights community and originated twelve years ago, when grade 6 classes were the first students in British Columbia to participate in a No Stone Left Alone ceremony. I know that for me Remembrance Day gives me a chance to reflect on the many men and women that have served our country and the sacrifice that takes. I think of my great grandfather that fought at Vimy Ridge, but I also think about the many family members in our school community that currently serve in our armed forces.



Next week we will have our school based ceremony on Monday at 10:15 and we really hope our students will once again get a chance to take the time to remember, and reflect on, the sacrifice that has been made by the countless service men and women that have fought to ensure our safety and security. To those of you that have served, or are currently serving, THANK-YOU!

What's happening at Rockheights next week:

Monday, November 10th

- Remembrance Day Ceremony at 10:15
- Rainbow Raven's in the Art Room at Lunch
- Divisions 1-3 Skating at Archie Browning

Tuesday, November 11th - REMEMBRANCE DAY HOLIDAY

Wednesday, November 12th

- Grade 8 classes to Goldstream
- Gr 7/8 Boys Basketball Practice at Lunch
- Divisions 4-6 Skating at Archie Browning
- Gr 7/8 Girls Games after school at ROCKHEIGHTS

Thursday, November 13th

- D&D Club at lunch
- Gr 7/8 Girls Basketball Practice at Lunch
- Gr 6/7 Boys Games after school at ROCKHEIGHTS

Friday, November 14th

- Grade 6 Immunization Clinic
- Gr 6/7 Girls and Boys Basketball Practice at Lunch
- Division 7-10 Skating at Archie Browning

Looking Further Ahead:

November 18 RMS PAC Meeting
in the Library Learning
Commons

November 20 Curriculum Catch
Up Afternoon

November 21 Professional
Development Day

Pizza update – Due to the Remembrance Day holiday, we will NOT be having pizza sales this week



RMS PAC News:

Calling All Chocolate-lovers!

Want to know the most DELICIOUS way to support us? Order Purdy's chocolates from our fundraiser! From now until November 26, 2025, you can order Purdy's treats from our fundraiser by joining our campaign and browsing the tastiest selection of chocolates online. Shop gifts for family, friends, neighbours AND yourself in one convenient place. After all orders are submitted, pickup will be held on the evening of the Music programs Winter Concert on Dec 10, 2025.

Order online until November 26, 2025 at: <https://fundraising.purdys.com/2059264-132353>

Step 1: Enter your email and click "JOIN A CAMPAIGN"

Step 2: Click "SHOP ONLINE" using the drop down menu

Step 3: Place your order and checkout

Step 4: Pick up your order Wednesday, December 10 either after school from 2:45-3:45pm or before the Winter Concert 6-7pm at the school, 1250 Rockheights Ave.

If you would like to browse the Winter 2025 catalog before ordering: <https://www.purdys.com/media/wysiwyg/GnF/Xmas2025/support-materials/FR-Catalogue-Winter-2025.pdf>

Thank you EVERYONE for your support. Even if you can't buy chocolates from us, it would mean the world if you could share this fundraiser link to everyone you know!

STUDENT SAFETY Just a reminder that we need to be extra careful when picking up or dropping off students here at Rockheights. The congestion that results, especially at the end of the school day, often creates unsafe situations for our students and neighbours. A few reminders that we ask you to follow:

1. Please remind your child that they should be using the dedicated crosswalks, as running across the streets is not acceptable and can surprise people driving through.
2. We also ask that parents not block driveways as our neighbours need to be able to come and go safely.

Lastly, can you please try to avoid turning around in front of the school as that adds to the congestion and has led to several close calls with students. I realize it is a little further to continue along Highrock, but it does make it much safer for students.

Hopefully many of our families will be able to take part in one or more of the various ceremonies around town next week. For more information about the Esquimalt ceremony please see:

<https://www.esquimalt.ca/community-events/remembrance-day-ceremony-2025>

Lest we Forget.

Aaron Maxwell & Beth Richardson

Principal

Vice-Principal



Community Resources:

This November FamilySmart is offering 2 online Parent and Caregiver Events on Substance Use that I wanted to share with you.

(1) Now What? A beginning conversation for families when our kids begin experimenting with substances. Learning that our kids are trying substances can be scary. As families, we are a valuable resource to help them navigate the choices they are making, but it can be hard to know how to respond. This video introduces parents and caregivers to some ways that can help us move from reacting to our fears about substance use and towards a more thoughtful response that supports connection with our kids.

Join us to watch a conversation between Victoria Keddis, a parent with lived experience and Douglas Hardie, Registered Clinical Counsellor and Program Coordinator at YSTAR Cowichan and Nanaimo Discovery Youth and Family Substance Use Services. Or Watch Now: <https://youtu.be/Qhqrbrw62Tg?si=5K0WggumPzhWrMDf>

Dates & Time: **online viewing and conversation**

Tuesday November 4th 6:30 pm - 8:00 pm

Thursday November 13th 6:30 pm - 8:00 pm

Wednesday November 26th 6:30 pm - 8:00 pm

Watch Now: <https://youtu.be/Qhqrbrw62Tg?si=5K0WggumPzhWrMDf>

(2) Substance Use and The Power Of Support with Guy Felicella: Connection and relationship can make a difference in substance use and addiction. In this video, Guy Felicella passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Join us to learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Bio: Guy Felicella, an international public speaker, and advocate for drug policy reform, has overcome a two-decade substance use disorder and turned his life around after years of homelessness, gang involvement and surviving overdoses in Vancouver's Downtown Eastside. Watch Now: <https://youtu.be/zSEjKvVA-9Q?si=03WENB3fBvY9e3ds>

Dates & Time: **online viewing and conversation**

Thursday November 6th, 12:00 pm noon - 1:30 pm

Tuesday November 18th 6:30 pm - 8:00 pm

Watch Now: <https://youtu.be/zSEjKvVA-9Q?si=03WENB3fBvY9e3ds>

For more information you can also contact :

Lisa Tate - Parent Peer Support Worker - Victoria, Sooke, Westshore
[250-940-6105](tel:250-940-6105) www.familysmart.ca

And Esquimalt Neighbourhood house is also offering the following opportunities:



TEEN SKATE

Join Esquimalt Neighbourhood House for a free teen skate

November 13th 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, please call or text Marena at 250-686-0716 or DM us on Instagram @enh.youth

ESQUIMALT NEIGHBOURHOOD HOUSE SOCIETY



ESQUIMALT NEIGHBOURHOOD HOUSE SOCIETY

Youth Services

Support and connection for youth who need a safe person to talk to about school, family, peers, anxiety, or everyday stress.

Esquimalt Neighbourhood House offers one-on-one support and small group programs for youth aged 13-18 years.

We also offer Parenting Support for parents/caregivers of youth.

Instagram @enh.youth for the most up-to-date programs and information

For more information visit our website www.enh.bc.ca or text/call Marena at 250-686-0716

'intheknow' Online Events

Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



Register online at familysmart.ca/events

Now What? A beginning conversation to support families when our kids begin experimenting with substances.

Learning that our kids are using substances can be scary. Our fears about substance use can affect how we react. This is a beginning conversation to help parents self-reflect on how they show up to talk to their kids about their substance use. Learn with us while Victoria Keddis hosts a conversation with Douglas Hardie, Registered Clinical Counsellor and Program Coordinator of Island Health's Child, Youth and Family Mental Health and Substance Use Programs.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- COST:** Free
- DATES:**
 - Tuesday, November 4, 6:30pm
 - Thursday, November 13, 6:30pm
 - Wednesday November 26, 6:30pm

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Substance Use and The Power of Support

Connection and relationship can make a difference in substance use and addiction. Guy Felicella, a renowned advocate and international speaker who has overcome a two-decade substance use disorder, passionately promotes harm reduction, trauma therapy, and faster access to treatment using his story of resilience and recovery. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- COST:** Free
- DATES:**
 - Thursday, November 6, 12pm
 - Tuesday, November 18, 6:30pm

Register online at familysmart.ca/events