



From the Raven's Nest...

for Friday, January 16, 2026

January is in full swing... January is a busy month with volleyball teams, community events, and starting to look at transitions for the next school year. Grade eight families should have received information about this and we know that it won't be long until we are welcoming grade 5 students to join the Rockheights family. For our Grade eight families, if you are interested in the High School Programs of Choice please see: <https://www.sd61.bc.ca/programs/programs-of-choice/> Many of the application deadlines are next week!

What's happening next week at Rockheights:

Monday, January 19th -

- Noon - Rainbow Ravens meet in the Art Room
- Grade 7/8 Competitive Girls Volleyball Practice at lunch

Tuesday, January 20th

- Pizza sales today!- Preorder using www.schoolcashonline.com
- Grade 6/7 Boys Volleyball Practice at lunch
- Craft/Felting Club at lunch in the LLC

Wednesday, January 21st

- Grade 7/8 Boys Volleyball Practice at lunch
- All Nations room open at lunch
- Grade 7/8 Rec Girls Teams Volleyball GAMES at Rockheights

Thursday, January 22nd

- SUBWAY day for those that ordered
- Grade 6/7 Girls Volleyball Practice at lunch

Friday, January 23rd

- Grade 7/8 Rec Girls Teams Volleyball Practice at lunch
- All Nations room open at lunch

Looking Further Ahead:

Mon Jan 26 – Pro D Day

Wednesday January 28 – Human Library

Tuesday February 10 – **SAVE THE DATE** for our Parent Education Night – more info to follow next week.

Rockheights Middle School has registered a team for this year's annual Times Colonist 10k event. All are welcome; students, staff, and family members... runners, walkers and everything in between!

Early Bird Registration Fees are in effect until January 31, 2026 – continued below...





The event occurs on **Sunday, April 26, 2026**; Rockheights participants will be invited to join in our weekly runs which will begin in February and be led by staff.

Students should stay tuned to the announcements for info.

Permission forms signed by guardians will be required as our runs will be around the neighbourhood. Students can also choose to join for the weekly runs and not do the race.

If you have any questions, please contact Beth Richardson at brichardson@sd61.bc.ca.

PLEASE NOTE- students who sign up are responsible for transportation to and from the race. We will not be participating together as a large group during the event (everyone runs their own race) but will have a meeting spot for the group at the start line. **To sign up for the TC 10K, [FOLLOW THIS LINK](#)**. The cost is \$61.87 (this includes a team shirt); choose “Rockheights Middle School” as your team.



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

Rockheights Human Library Event – Wednesday Jan 28

- Do you have a unique hobby or an interesting job?
- Are you an entrepreneur, an artist, or do you have a fascinating life story that you would be willing to share?

Rockheights is planning a Human Library Event! We are looking for “Human Books” who would be willing to have a conversation with our students.

If you answered yes to any of the above questions then we need you! (Or if you have a friend or relative that you think would be interested then please share this with them as well – The holidays are a great time to ask friends and family as well.)

We know that middle school is a time for students to explore and try new things. Many of you were probably inspired by people you met when you were the age of our students and this is a chance to maybe pass that on to our students. The “Human Library” is an activity where people are the books and students get a chance to meet some adults that are willing to share some of their experiences. It is not about doing a formal presentation about your experiences but rather having an informal conversation with our students about what you have experienced or what inspired you in the direction of your life. Participants can come for a couple of hours, for the morning or afternoon or for the full day depending on your availability.

If you have an artifact(s) that is related to what you do, or have experienced, then you can have them displayed and students will be touring around and asking questions to hear your story.

I have been involved in this activity several times and it has been great to see parents, the public, and even former students share their experiences and hopefully plant the seeds of inspiration for our students. If you are willing/interested in taking part in this event, then please complete the form found at: <https://forms.gle/ipshtwWxgaWwXMcW9> and I will connect with you to get you more details. If you have any questions about this please do not hesitate to email me directly at amaxwell@sd61.bc.ca Thanks!

Thanks, and we hope you have a great weekend!

Sincerely, *Mr Maxwell and Ms. Richardson*