



From the Raven's Nest...

for Friday, January 23, 2026

End of January?... Well it has been a busy week with the start of our volleyball season and practices each and every day.. This coming week we have a Professional Development day on Monday, volleyball games for six of our volleyball teams, and the Human Library event on Wednesday. Life at Rockheights is always busy and we do our best to pass on accurate information. From time to time there are last minute changes and we appreciate your flexibility. Hopefully the calendar below will help you keep track of dates and times.

What's happening next week at Rockheights:

Monday, January 26th - Professional Development Day

- NO SCHOOL for students

Tuesday, January 27th

- Pizza sales today!- Preorder using www.schoolcashonline.com
- Grade 6/7 Boys Volleyball Practice at lunch
- Craft/Felting Club at lunch in the LLC
- Grade 6/7 Girls (Petropoulos) Team games at Rockheights
- Grade 6/7 Girls (Ruffolo) Team games at Colquitz

Wednesday, January 28th – HUMAN LIBRARY EVENT for all classes

- 7:45am - Grade 7/8 Comp Girls (Snider/Learned) Team Practice
- Grade 7/8 Boys Volleyball Practice at lunch
- All Nations room open at lunch
- Grade 7/8 Rec Girls (Maxwell) Team GAMES at Rockheights
- Grade 7/8 Rec Girls (Dresler) Team GAMES at Victor Brodeur
- Grade 7/8 Comp Girls (Snider/Learned) Team GAMES at Bayside

Thursday, January 29th

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

Friday, January 30th

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

Looking Further Ahead:

Tuesday February 10 – SAVE THE DATE for our Parent Education Night – more info on the next page

Friday February 13 – Professional Development Day

Monday February 16 – Family Day Long Weekend

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.



JOIN US FOR OUR ANNUAL PARENT EDUCATION NIGHT

**TECHNOLOGY, ONLINE SAFETY
AND YOUTH MENTAL HEALTH
TUESDAY, FEBRUARY 10TH**

6:30pm

**ROCKHEIGHTS MIDDLE SCHOOL LIBRARY,
1250 HIGHROCK AVE.**

GUEST SPEAKERS:

**CRISTINA MARTIN, B.A., B.ED., M.A., REGISTERED CLINICAL
COUNSELLOR, CCC**

**NICHOLE WILLIAMS, CHILD AND YOUTH COUNSELLOR AT
VICTORIA GENERAL HOSPITAL**

**HOSTED BY THE ROCKHEIGHTS
MIDDLE SCHOOL PARENT
ADVISORY COMMITTEE**

**PARENTS &
GUARDIANS
WELCOME**

Pizza Days on Tuesday! –Weekly Pizza sales are set up on www.schoolcashonline.com and will be available until Sunday night at midnight.

Thank you for your continued support to remind your child(ren) to dress for the weather. It has been quite chilly and that is expected to continue. The daily expectation is that students should be headed outside for the breaks as we know that fresh air and movement are crucial for them to be able to focus throughout the day. A gentle reminder to bring a jacket, or warm layer, is a big help when they are getting ready to head out for the breaks. We really appreciate your help with this.

Sincerely,
Mr Maxwell and Ms. Richardson