



From the Raven's Nest...

for Friday, February 13, 2026

Happy Valentines Day and Family Day... as we race through February, we hope you take some time this weekend to celebrate love and spend time surrounded by family. We know that it is a difficult time of year for many of us so I hope you are able to spend some time celebrating family this weekend.

Here at the school we have been trying to track our SEVEN volleyball teams as they head off to represent our school. All of the teams have done an amazing job and it is hard to believe we are over half way through the season.

Throughout the school we have been celebrating and learning about Black History month and looking at the themes of Diversity, Inclusion and Equity. Classes are all doing different activities to explore to impact of Black Canadians on our society and to dig deeper into the themes of Equity, diversity and Inclusion.

What's happening next week at Rockheights:

Monday, February 16th - Family Day Holiday

Tuesday, February 17th

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

Wednesday, February 18th

- 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
- Raven's Club after school in the Raven's Nest
- Grade 7/8 Comp Girls (Snider/Learned) Team GAMES at PCS

Thursday, February 19th

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

Friday, February 20th

- CC Afternoon – 11:35am dismissal for those that are caught up

Looking Further Ahead:

Wednesday February 25 – Pink Shirt Day

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



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

Parent Education Night...

A big thank you to the PAC for organizing our Parent Education night this past Tuesday. The topic of Mental Health and the impacts of technology on it was very applicable to all of our families. We were fortunate to have Nichole Williams and Cristina Martin come and present to us. Some of the key points included:

- Technology has some positives and negatives aspects
- most applications use “hooks” to engage and encourage users to use them more and more
- please ensure you are an active participant in your child’s online behaviour
- set up regular times that children are able to decompress from the stresses of being online
- creating family routines, and modelling proper behaviour, is crucial to students learning to engage with technology responsibly.
- privacy settings and control apps are available to help filter some of the information that students may be exposed to

Please also refer to the attached documents that were provided by the presenters for more specifics on the information that was covered.



Also, we continue to struggle with students that are misbehaving online and specifically in group chats on apps such as Snapchat. If your child has one or more Snapchat accounts, please take some time to review which groups they are a part of and who they are connecting with. I have told several families that there are many fake accounts out there (in fact there are multiple “Mr Maxwell”, “Aaron Maxwell”, and “Maxwell the principal” accounts out there that are pretending to be me!) so students may not even know who it is that they are talking to!

Curriculum Catch Up afternoon- As you know each term we set aside time for students that need additional one on one support to get caught up on their curricular learning tasks. The next one is Friday afternoon and hopefully you have received a form home so that you know if your child is required to stay for this afternoon. Even if your child is up to date, families are welcome to request their child to stay for the afternoon and they can work quietly on a variety of tasks. We do ask that all forms are returned by Wednesday February 18 so that we can plan for Friday afternoon



Lastly, we really hope that you have a great long weekend. We know that the month between now and Spring Break will go by very quickly as there are many events and activities scheduled. We do our best to highlight them on these updates, but also encourage students to be listening to the daily announcements as there are changes that happen from time to time. We hope you have a great long weekend.



HAPPY

Valentine's Day

Sincerely,
*Mr Maxwell and
Ms. Richardson*



HAPPY
Family Day