



From the Raven's Nest...

for Friday, February 20, 2026



Pink Shirt Day...

In September of 2007, two students in Nova Scotia took a stand against bullying that initiated a national, and international, movement against bullying. I remember the story because at the time I was teaching grade 6 at Cedar Hill middle school and my students were so moved by the story they wanted to do something and that resulted in creating shirts and having a school event for my first "Pink Shirt Day" in February of 2008. A single day event which is only a symbol of the commitment that we need to maintain for all 365 days of the year.

We know that bullying is something that often occurs as a part of middle school life. As students try to learn to navigate their new focus on social connections, friendships and relationships with their peers, they often make mistakes and if these mistakes are not corrected they can become a pattern of behaviour. Bullying occurs when there are repeated, power imbalances in which one student, or group of students, misuses their power over another. On February 25, and every day, we endeavour to teach and support students as they learn to meet our school expectation that they will "Speak and Act Considerately" to each other here at school.

What's happening next week at Rockheights:

Monday, February 23rd

- Grade 7/8 Boys (Ruffolo) Team games at Lansdowne

Tuesday, February 24th

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

Wednesday, February 25th PINK SHIRT DAY

- 7:45am - Grade 7/8 Comp Girls (Snider/Learned) Team Practice
- Grade 7/8 Boys Volleyball Practice at lunch
- Raven's Club after school in the Raven's Nest
- Grade 7/8 Rec Girls (Dresler) Team GAMES at Rockheights
- Grade 7/8 Rec Girls (Maxwell) Team GAMES at Colquitz

Thursday, February 26th

- SUBWAY day for those that ordered
- Grade 6/7 Boys Volleyball Games at Brookes Westshore

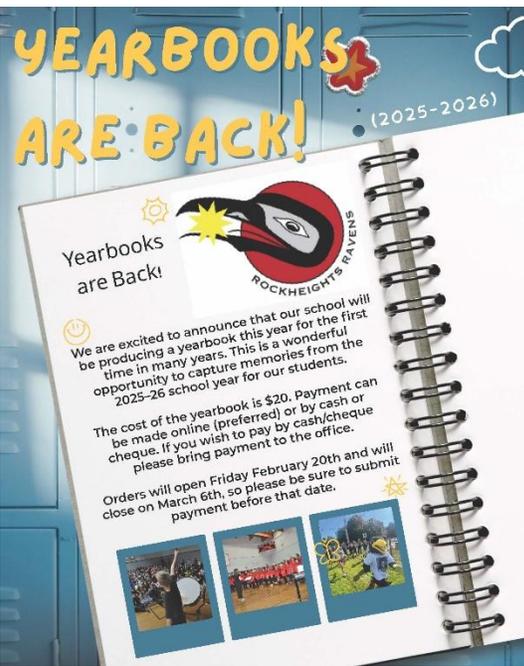
Friday, February 27th

Looking Further Ahead:

Monday March 9 - Learning Updates posted for parent review

Friday March 13 – Last Day prior to Spring Break

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



Yearbook is Back! - We are excited to announce that our school will be producing a yearbook this year for the first time in many years. This is a wonderful opportunity to capture memories from the 2025–26 school year for our students.

The cost of the yearbook is **\$20**. Payment can be made **online** (preferred) or by **cash or cheque**. If you wish to pay by cash/cheque please bring payment to the office.

Orders will close on **March 6th**, so please be sure to submit payment before that date.

Thank you for your support. We are looking forward to bringing this special keepsake back to our school community.

And speaking of Reading...We are so excited for the fun schoolwide reading competition called

Pages for Pizza! Students can count all the minutes they read and compete with other classes until the end of February. The class with the most minutes will win a Pizza Party sponsored by Panago! We also have lots of exciting prizes donated by local businesses such as Bolen Books, Schoolhouse Teaching Supplies, Starbucks, Miniature World, Saanich Rec, Esquimalt Rec and more!



Currently Division 6 (McInnis) is in the lead with Division 3 (Petropoulos) and 5 (Morris) close behind. Thank-you for encouraging all of our Rockheights students to get excited about reading!

We really appreciate the ongoing communication with families around any issues that arise. We know that adolescents are learning how to interact with each other in healthy ways and that learning can lead to mistakes. Especially if your child is being bullied, or even if you feel they are involved in a seemingly minor interaction with peers, we really appreciate you letting us know. This can be done by connecting with your child's Advisory teacher or directly with us in the office. When we are working with students we always use a lens of restitution and try to have them answer restorative questions to understand the impact of their actions. These include questions such as

why they made the choices they made and how they can repair any damage that they have caused. We know this can be a long process but believe it is the only way that young people can understand the impact of their poor choices.



Sincerely,
Mr Maxwell and Ms. Richardson