



From the Raven's Nest...

for Friday, January 30, 2026

February is here... It is hard to believe that we are into the second half of the year. This week had only four school days, but they were jam packed with events, guest speakers and many different extracurricular activities. Middle school is a busy place and we do our best to share some of the events to help you support your child(ren) to remember and keep track of the various activities. Please reach out if you have any questions as when I create these schedules it is difficult to include all of the details.

What's happening next week at Rockheights:

Monday, February 2nd -

- Grade 7/8 Comp Girls (Snider/Learned) practice at lunch
- Grade 7/8 Boys Volleyball Games at Rockheights

Tuesday, February 3rd

- 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 Victor Brodeur

Wednesday, February 4th

- 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 Rec Girls (Maxwell/ Dresler) Team GAMES at Rockheights
- Grade 7/8 Comp Girls (Snider/Learned) Team GAMES at Shoreline

Thursday, February 5th

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

Friday, February 6th

- 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

E-Scooters and E-Bikes

We have noticed some students riding to school and taking risks with speed, not wearing helmets, and riding erratically while on electric scooters and e-bikes. This is a reminder to parents that by B.C. law, that students are not to be riding E-Bikes or Electric Scooters. The minimum age for both of these vehicles is 16 years.

As such, they can no longer be permitted at school. I realize some of our students rely on them for transportation, but as that is against the law, we cannot permit them at school. If students ride one to school, we will kindly ask that you come pick it up rather than them ride it when not permitted by law.

Thank you for your continued support with this.

Please see the links below for further information.

E Scooters <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/cycling/electric-kick-scooter-rules#requirements>

E Bikes <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/cycling/cycling-regulations-restrictions-rules/e-bikes>



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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.schoolcashionline.com and will be available until Sunday night at midnight.

We hope you will join us for the following **Parent Education Night**. Technology, Online Safety and Mental Health were the highest topics in the parent survey that we shared at the start of the year so we are thrilled to be able to provide this session. If you are able to join us, please register by clicking **HERE** so we can ensure space for those that want to attend.

HUMAN LIBRARY A huge THANK YOU to all of the community volunteers that took place in our Human Library event this week. We had a great diversity of people for students to interact with. It was a great day and so nice to see our students engage and ask such great questions.

Sincerely,
Mr Maxwell and Ms. Richardson

Opportunities for students:



Kidovate is a fun, free, entrepreneurship experience for high school and middle school aged youth that culminates in a one-day market where participants can sell product that they have made, repurposed, or sourced at table provided by the University of Victoria and community partners. Kidovate Victoria is being held on April 11th at The Bay Centre.

Kidovate participants receive a graphic novel workbook to help them think through key business decisions and can be assigned a UVic business student mentor (only electronically) to help them make these decisions, if desired. Kidovate participants learn how to create value, make money to support their goals, and develop entrepreneurial skills.

Kidovate works with business, media, and community partners to drive traffic to the market. Last year, in Victoria, 238 participants sold a wide range of products from art to clothing, jewelry, 3-D printed toys, greeting cards, and a lot more, to about 3,600 customers. 70% of Victoria participants are repeat participants who hone their skills year by year and improve their profitability year by year.

For more information about Kidovate-Victoria, and to register, visit www.kidovate.ca

Come Try The Game Free Day



VJFHA's Come Try The Game Free Day is offered for brand new players to try a free session of field hockey! This is for youth ages 5 to 18 and all genders are welcome!

When: Sunday February 8th, 2026

- 1:15-1:30pm - Check in / Get sized for a stick
- 1:30-2:30pm - Players Age 4-8
- 2:30-3:30pm - Players Ages 9 and up

Where: Lynne "Buzz" Beecroft Field @ UVic

How: Both returning and new participants must register.
Use the QR code or visit our website to sign up!

