

From the Raven's Nest...

for Friday, Sept 18, 2026



Dear Families,

So, we are in full swing (as you can see in the calendar below) and there are many weekly events. We have music programs up and starting, athletic teams are practicing and competing, and clubs are up and running. We know that even though we are only starting our third week, there are a lot of ongoing events including our Meet the Teacher and Welcome Back BBQ on Thursday evening.

We really hope that you will be able to join us on Thursday evening and a huge thank you to the PAC that is providing Hot Dogs and Hamburgers (by donation) for those that sign up on the Google form: <https://forms.gle/QzyvCZ5J7wZmEApcA> please keep reading for more details.

What's happening at Rockheights next week:

Monday, Sept 21st - PROFESSIONAL DEVELOPMENT DAY

Tuesday, Sept 22nd -

- Lunch - Cross Country and Ultimate Frisbee Practice

Wednesday, Sept 23rd

- 3pm - Ultimate game. Location TBA

Thursday, Sept 24th

- Deadline for returning Student Verification forms
- Garden Club meets at lunch
- 3:45pm Cross Country meet at Lambrick Park
- 5pm to 6pm RMS PAC BBQ – to order food please click [HERE](#)
- 5:45-6:45 Meet the Teacher evening

Friday, Sept 25th

Looking Further Ahead:

Tuesday, Sep. 29 Orange Shirt Day

Wednesday, Sep 30 National Day for Truth and Reconciliation (Holiday)

Monday October 12
Thanksgiving (Holiday)

Cell Phone Policy – We realize that many of our students have cell phones that they carry with them daily. As you likely know there is a district and provincial mandate to restrict cell phone use in schools and on school grounds. We realize that these can be powerful tools when used effectively, but that they can also be very distracting to students and their classmates. The expectation here at Rockheights is that **cell phones should not be out during the school day**. Our system is that teachers will offer to collect devices at the start of the day and lock them in their classroom closet, and then return them before dismissal at the end of the day. Or, as long as they are kept tucked away in a student's backpack, students are welcome to keep their devices tucked away for the day. If students have their phones out during the school day, teachers will hold onto them until dismissal time.

The intention of this is to remove the distraction that cell phones can create for the user and other students around them. There are some exceptions, as some students use their devices to help them focus and concentrate while learning, and these exceptions will be on a case-by-case basis. Regardless, **any device**

Cell Phone Policy



should not be taken out prior to a conversation with the supervising teacher/staff member. If you need to connect with your child during the day, please call us at the office (250) 384-7125 and we will ensure the message is passed on to your child.

We appreciate your support with this as we try to help all of our students balance the strengths and challenges that cell phones provide.



This Thursday we will be having our “Meet the Teacher Night”. It will start with a BBQ, from 5:00pm – 6:00pm, in which the Esquimalt Lions will be preparing hamburgers and hot dogs that have been provided by our RMS PAC. Then there will be a chance to go into the school and meet your child’s teachers between 5:45pm and 6:45pm. The PAC has put together a quick form for you to complete to help us ensure there is enough food for those that are attending. **We ask that ALL**

FAMILIES please complete this form as it also asks for your thoughts on how the PAC can better meet your needs. The form can be found by clicking [HERE](#)

This is a very important evening for us to connect and meet each other and we hope you will be able to join us.

School Counselling at Rockheights Hello Rockheights Community! My name is Sondra Showers and I am excited to be back as the school counsellor at Rockheights Middle School. School Counselling focuses on helping children succeed at school. These individual or group services are short-term and focus on building relationships, resilience, and self-regulation. Common topics are social-emotional wellness, self-awareness, anxiety, emotional regulation, friendships, problem solving skills, and coping strategies. The length of time and frequency of counselling depends on the student’s level of need. I make every effort to minimize disruptions to a child’s classroom time. Please feel free to contact me at Rockheights with questions or concerns you may have about your child. Referrals can be made through your child’s teacher, or by contacting me directly by email at (sshowers@sd61.bc.ca). My schedule at Rockheights is Tuesdays and Wednesdays from 8:40am - 2:50pm and Thursday mornings



Athletics Update – Just to update families on our Rockheights Athletics. We have had sign ups available for Cross Country, and Ultimate Frisbee. Ultimate and Cross Country practices are underway, and competitions start this coming week. The first race is scheduled for Thursday Sept 24 at Lambrick Park and the students on the Ultimate Team play on Wednesday after school here at Rockheights. If your child is interested in joining but missed the sign up please ask them to see me and I am happy to connect them with the appropriate coach.

School Calendar – One thing that came out of the RMSPAC meeting was a request for a monthly calendar of events for the year. I have attached one to the email that this update came in, and there may be additions throughout the year, but we will try to have updated versions available on our school website at <https://rockheights.sd61.bc.ca/school-calendar/>

Thank you again for your support and we look forward to seeing you on Thursday.

Sincerely,

Aaron Maxwell
Principal

Beth Richardson
Vice-Principal

