

From the Raven's Nest...

for Friday, October 2, 2026



So, October is upon us, which means that the weather is getting colder and the days are getting shorter. Please help your child make good choices in terms of their attire as many of our students showed up this morning drenched from head to toe. Some of them were only wearing t-shirts and with all of the colds and flu bugs going around, it means they are prime to get sick.

We also appreciate your help with student hygiene. We are a scent-free building (although I am the first to admit that being scent free is not possible with 325 adolescents running around in our building) so I am asking that you encourage that your child(ren) keep that in mind when they come into the building. Some of our students are bringing body sprays or perfumes and some have even sprayed them in the classrooms or on other people, which is obviously unacceptable. Please remind your child that if they are wearing deodorant/anti-perspirant then they should apply it at home in the morning and not bring the dispenser to school. Hygiene is important, but we also have people that are sensitive to strong smells so we must be cautious with scented sprays, deodorants or perfumes. Thank you for your support with this.

What's happening at Rockheights next week:

Monday, October 5th -

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Tuesday, October 6th -

- Lunch – Rainbow Raven's in the Art Room

Wednesday, Oct 7th

- Lunch - Cross Country Practice
- Music Room is OPEN at Lunch
- 3pm – 5pm Raven's Club in the Raven's Nest
- 3:30pm Ultimate Frisbe games here at ROCKHEIGHTS

Thursday, Oct 8th

- Lunch - Garden Club
- 3:30pm Cross Country Meet at Beaver Lake

Friday, Oct 9th

Looking Further Ahead:

October 5- 23 FSA for Grade 7 students

Monday October 12
Thanksgiving (Holiday)

Tuesday October 20 Photo Retake Day

October 21 and 22 Parent Teacher Interviews



Pizza update Thank you to everyone who placed their orders online using SchoolCash Online. **ALL ORDERS WILL NEED TO BE SUBMITTED BY MIDNIGHT ON THIS SUNDAY.** All orders can be placed using www.schoolcashionline.com We will still try to have a couple of pizzas for those students that forget to order online, but availability will not be guaranteed if you have not pre-ordered!



ORDERS!...Yes, Subway orders are available and close on Sunday at midnight. This is a batch order where families order the same order for each week between now and Winter Break. The deadline is Sunday as, I need to collate them and get them to the supplier on Monday morning. Please go to www.schoolcashionline.com to ensure you get your order in.

SAVE THE DATE - Parent Teacher Communication

We will be hosting our parent Teacher Interviews on October 21 and 22. On the 21st it will be regular dismissal and on the 22nd students will be dismissed at 1:50pm and the interviews will be starting at 2pm. Interviews will be 15 minutes in length. Booking information will be sent home next week so you can book online for these conferences which will be conducted in person or over the phone.



RMS PAC News:



Keep those Country
Grocer receipts

1% Goes towards food gift cards
for families in need

**If you have receipts they can be
dropped off in the school office.**

**We hope to see you at our meeting
on Tuesday Oct 13 at 6:30pm**

Athletics

- Congratulations to all of the students that took part and are wrapping up with our Cross Country and Ultimate Frisbee teams. Also, a big thank you to Ms. Learned, Mr Malinowski, and Mr. MacInnis for volunteering to coach our school teams. The seasons are wrapping up this week for Cross Country and the students did an amazing job, not only competing in their respective sports, but also representing our school community through sportsmanship, teamwork and cooperation. We are very proud of our young ravens and look forward to the next group of athletes that will represent us.



The next sport of the year is basketball, so please encourage your child to listen for the announcements and to sign up for one of our teams on the Athletics board. No experience is necessary, and we expect we will be fielding multiple teams, so if you are interested/willing to help out with coaching please let Mr. Snider know. He can be contacted by email at isnider@sd61.bc.ca

Thank you again for your support and we hope you enjoy the weekend!

Sincerely,

Aaron Maxwell

Principal

&

Beth Richardson

Vice-Principal



For those that registered, here is some information about the Parent Education night that was scheduled at Arbutus Global Middle School for next week...

While it's terrific to see that we already had over 100 parents (from Arbutus Global as well as other middle schools throughout the school district) signed up for our upcoming **Parent Education Evening Event** (details below), our **featured presenter unfortunately had to postpone this event** (originally scheduled for next week) to **TUESDAY, NOVEMBER 3rd instead**. With that in mind, and with apologies for the inconvenience, we are deleting the previous registrations and all those wishing to attend will need to pre-register on a first-come, first-serve basis until we reach capacity (regardless of whether or not you had initially registered for the earlier date). Please see the details below and **pre-register via the NEW REGISTRATION LINK BELOW** if you wish to join us for this Parent Ed Event.

Given mounting mental health challenges amongst middle years youth, especially in the age of digital technology, we believe the following Parent Education Event is an excellent opportunity for Arbutus Global parents/caregivers (as well as parents/caregivers from the other middle schools in the Greater Victoria School District) to learn more about youth mental health and how best to support your children through their precious middle years. With that in mind, we encourage you to **read the message below from the Arbutus PAC and register as soon as possible (via the registration link below)** to attend this outstanding Parent Education Event!

- Ken Andrews, Principal, Arbutus Global Middle School)

How can families support healthy development in a world of smartphones, social media, and AI? This engaging session shares current research and practical, evidence-based strategies to help foster wellness, resilience, balance, and digital wellbeing.

Arbutus Global Middle School PAC is pleased to host this presentation for interested parents/caregivers from all 10 Middle Schools in the Greater Victoria School District

Supporting Adolescent Mental Health in a Digital World
with Registered Clinical Counsellor

Julie-Anne Richards

M.A., R.C.C., C.C.C., www.JulieAnneRichards.com



Julie-Anne Richards, M.A., R.C.C., C.C.C., is a seasoned clinical counsellor, educator, and dynamic speaker with more than 25 years of experience in mental health and education. She brings extensive experience working with children, adolescents, parents, and schools, translating psychological research into practical strategies for supporting young people's mental health. Known for her warmth, humour, and engaging style, Julie-Anne helps audiences understand the challenges young people face in an increasingly digital and connected world.

Arbutus Global Middle School

in the Cafeteria

2306 Edgelow St, Victoria

Tuesday, November 3, 2026

6:30 to 8:30 pm

No charge, but **pre-registration on a first-come first-serve basis is required**.
To register, click [Nov 3rd Parent Education Event](#)

The Arbutus Parent Advisory Council (PAC) is pleased to invite **interested parents from all of the middle schools** in the Greater Victoria School District to the following **Parent Education Evening** hosted at Arbutus Global Middle School:



Topic: Supporting Adolescent Mental Health in a Digital World

Presenter & Description: Julie-Anne Richards is a Registered Clinical Counsellor and dynamic speaker, renowned for her highly informative, practical, engaging (and humorous) presentations to adults around supporting young people's mental health, especially with the challenges of the increasingly online world in which our youth are living.

Date & Time: Tuesday, November 3rd from 6:30 to 8:30 PM including time for questions

Location: Arbutus Global Middle School (2306 Edgelow Street) in the school cafeteria

NOTE: Space is limited; while there is no cost, **participants must pre-register** via our online registration – click [Nov 3rd Parent Education](#)

[Event](#) – and registrations will be accepted on a first-come first-serve basis until we reach capacity. Please see the attached flyer and speaker promo image for further information.