From the Raven's Nest…

for Friday, October 23, 2026

Spooky days and even a Trick or Treat?…

Well, first of all, thank you to all of you that were able to make it into the school for this year's Parent Teacher Interviews. It was great to reconnect with so many of you and I hope you were able to find a time to learn about your child's progress thus far this year. If you were not able to make it, please reach out to your child's Advisory teacher, Case Manager or Counsellor to set up a time to connect by phone or in person.

Secondly we know this is a long awaited time for many of our students as they prepare for Haloween. I for one, am thrilled that it is on a Saturday this year! We can imagine that the energy that we have been seeing at school is likely seen at home as well. We hope all of the students that celebrate Halloween are able to have a safe and successful evening.

Students are invited to wear their costumes on Friday as long as they are appropriate for school. We do ask that they not bring masks (unless they have spoken with their teacher first), anything that could be considered a weapon, and that they ensure that costumes do not celebrate at the expense of another's race, culture, Religion, gender or trauma.



What's happening at Rockheights next week:

Monday, October 26th

- Grade 8 Boys Basketball at Spencer Middle School

Tuesday, October 27th -

- Garden Club at Lunch
- Rainbow Raven's in the Art Room at Lunch

Wednesday, Oct 28th

- All Nations Room is OPEN at Lunch
- Grade 7/8 Girls Basketball at ROCKHEIGHTS

Thursday, Oct 29th

- Garden Club at Lunch

Friday, Oct 30th

- Black and Orange or Halloween Costume Day
- Grade 6 Immunizations
- Staff vs Student Ultimate Frisbee game
- Hot Dog/Freezie sales – bring your twoonies

Looking Further Ahead:

November 5 Lockdown Drill

November 6 NSLA ceremony at God's Acres. Parents are welcome!

November 10 Remembrance Day Ceremony – 10:15am at the school. Parents are welcome!

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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.schoolcashonline.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!



Remembrance Day – Lest we Forget

Rockheights Middle School will be having our annual Remembrance Day activities on Monday November 10. This year we will be having two smaller services that will take place at God's Acres cemetery on November 6 and then a formal ceremony here at the school on November 10. One tradition that we have here at RMS is that I create a slideshow to recognize the various family connections that our students and staff have to the armed forces. This will be playing on the TV at the entry to the school starting on Nov 6. If you have a family member that has served, or maybe is currently serving in the armed forces could you please email me (amaxwell@sd61.bc.ca) a photo of the person, including their name and connection to the child at the school.

If you sent in photos last year, I still have them and plan to use them again, but if you are not sure please feel free to send them as having a duplicate is preferable to missing someone out of the video.

Thank you for your support with this important project.

ATHLETICS UPDATE: Our athletics program looks a little different this year. We have shifted to a model that focuses primarily on intramural sports for team activities. For example, we are currently running lunchtime basketball intramurals, which allow more students to participate throughout the week. This approach gives students greater flexibility to join when they are available and provides more opportunities for students to be active and involved at school. The main reason for this change is to give more students the opportunity to participate in a variety of sports throughout the year.

Middle school sports are organized through the Lower Island Middle School Sports Association (LIMSSA), which generally follows a model similar to high school athletics. Because there are many sports offered during the school year, each sport season is quite short. Most team sports, such as basketball, volleyball, soccer, and ultimate frisbee, run for only about three weeks.

These short seasons can create challenges. Students may miss sign-ups or practices and lose the opportunity to participate. It can also be difficult to build team connections in such a short time, and missing even one week can mean missing a significant portion of the season. Organizing transportation for teams is also challenging when players, and families, have only been connected for a short period.

We continue to offer one boys and one girls team per sport. Priority for these teams is given to Grade 8 students, as it is their final year of middle school. If there are additional spots available, Grade 7 students may also be invited to participate, as was the case with our Grade 8 girls' basketball team.

We hope this model allows more students to enjoy sports, stay active, and feel connected to our school community. As always please reach out if you have any questions or concerns.

Sincerely,

Aaron Maxwell & Beth Richardson

Principal Vice-Principal

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