

From the Raven's Nest...

for Friday, October 9, 2026



THANKFUL... Indeed this is a great weekend to reflect on how thankful we are to be a part of this wonderful community. We are very fortunate to be able to live, learn, and play on the traditional territories of the Songhees and Esquimalt Nations. We are also blessed to have a strong school community here at Rockheights and it is a pleasure to welcome your child each and every day. One aspect of our community is that we are incredibly fortunate to have community partners such as the Rainbow Kitchen and Backpack Buddies that provide food for our children so that they are able to focus and learn with a full stomach. This is truly a special place and we appreciate your ongoing support and contributions to making it so. Thank you!



What's happening at Rockheights next week:

Monday, October 12th - HAPPY THANKSGIVING!

Tuesday, October 13th -

- 6:30pm – RMSPAC meeting in the Library Learning Commons

Wednesday, Oct 14th

- Ultimate Frisbee at Central Middle School

Thursday, Oct 15th

- 10:17am Great BC ShakeOut
- Garden Club at Lunch

Friday, Oct 16th

- \$2 Hot Dog Sales at lunch

Looking Further Ahead:

October 6- 30 FSA for Grade 7 students

October 21 and 22 Parent Teacher Interviews

October 23 Professional Development Day



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!

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 and booking details were sent home this week. Please fill out the bottom of the form and return it by Wednesday October 15. **WE WILL BE SENDING HOME AN ONLINE BOOKING LINK ON TUESDAY OCTOBER 13!***



SD61 Cold and Flu Season Reminders

We have reached that time of the year again! It is cold and flu season. As students return to classrooms for the new school year, as the leaves start to turn and the temperature drops, the tissues and sneezes begin to appear.

Please remind your child of the following important habits:

- Make sure to wash hands frequently.
- Avoid touching face, mouth, or eyes.
- Cover your mouth and nose when sneezing or coughing by leaning into your elbow or using a disposable tissue. Quickly throw away any used tissues and wash or sanitize your hands after.

• Respect the personal space bubbles of other students.

- Stay home when sick!

Please monitor your children daily for any cold or flu-like symptoms. In accordance with the Public Health Guidelines, students and staff are asked to stay home when sick or displaying any symptoms of sickness. If students develop symptoms throughout the day while they are at school, they will be reminded to use tissues or lean into their elbow to cover their coughs and sneezes. If required, an office staff member will contact you to arrange a pickup of your sick child.

RMS PAC News:

A big thank-you to all the parents that volunteer with our PAC and with the various PAC events. We could not do these things without your support!



Keep those Country
Grocer receipts

1% Goes towards food gift cards
for families in need

We hope you will join us for Tuesday's RMSPAC
meeting at 6:30 in the Library

And speaking of Health Measures...

In British Columbia, the Human Papillomavirus (HPV) vaccine is recommended for all grade 6 students as part of their routine immunization schedule. HPV vaccination in grade 6 is an important cancer prevention measure and supports the BC Cancer Action Plan goal of eliminating HPV-related cancers. Grade 6 students may also be eligible for additional vaccines if they are not up to date with their immunizations. **A letter with instructions on how to provide consent or refusal for immunizations was recently sent home. Please follow the instructions and submit your consent or refusal using the online Provincial Digital Consent Tool as soon as possible.**

Immunizations will be provided at the school for grade 6 students on **October 30, 2026**. Please ensure consent or refusal is submitted before the scheduled clinic date.

Digital Consent Tool:

immunizationconsent.gov.bc.ca



Immunizations for School Aged Children and Youth:

<https://www.islandhealth.ca/health-topics/immunizations/immunizations-school-aged-children-and-youth>



HealthLink BC:

<https://www.healthlinkbc.ca/health-library/immunizations/children>.



Contact Your Local Public Health Unit:

<https://www.islandhealth.ca/our-locations/health-unit-locations>



We hope that you all have a great long weekend and can spend some time thinking about all of the things that we have to be thankful for. Happy Thanksgiving!

Sincerely,

Aaron Maxwell & Beth Richardson

Principal

Vice-Principal

