

From the Raven's Nest...

for Friday, Sept 25, 2026



First of all, thank you to all the families that made it out to our PAC Welcome Back BBQ and Meet the Teacher evening on Thursday. The turnout was great and a huge thank you to the RMS PAC for the preparation, and to Esquimalt Lions club that cooked for everyone that attended! We are fortunate to have such incredible community support for these events.

As we wrap up the end of the month of September, we are starting to settle into the daily routines and expectations of life at middle school. I hope that as you are reading this you are starting to feel more settled with your child(s) routines and that the weeks are starting to run more smoothly.

This week we take the time to acknowledge our history as Canadians and the incredible injustices that were done through the residential school system. Monday is orange shirt day, but the act of exploring our truth and implementing reconciliatory actions is something that we need to focus on every day. I hope that you take time with your family to explore what Truth and Reconciliation means to you and how you can empower your children to move forward with and understanding of our history and a commitment to reconcile the injustices pour Canadian history.



We have many activities happening this week and are excited that so many clubs, teams and extra curricular activities are up and running. Please encourage your child to get involved as there is so much to explore in middle school.

What's happening at Rockheights next week:

Monday, Sept 28th -

- Cross country practice at lunch time

Tuesday, Sept 29th ORANGE Shirt Day

- Cross country practice at lunch time
- Ultimate Frisbee practice after school on the field
- First Pizza Day of the year

Wednesday, Sept 30th - National Day for Truth and Reconciliation

Thursday, October 1st

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

Friday, October 2nd

- Athletic Leadership meeting at lunch time

Looking Further Ahead:

October 5- 23 FSA for Grade 6 students

Monday October 12
Thanksgiving (Holiday)

Tuesday October 20 Photo Retake Day

October 21 and 22 Parent Teacher Interviews

Pizza Tuesday's are back! Once again, we will be offering pizza orders on Tuesdays using SchoolCash Online. All orders can be placed using www.schoolcashionline.com We will still try to have a couple of slices for those students that forget to order online, but availability will not be guaranteed if you have not pre-ordered! You can order for as many



or as few weeks for the upcoming month to try to make it easier to process. All orders must be submitted by the Sunday night prior to the pizza day.

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

Aaron Maxwell
Principal

& **Beth Richardson**
Vice-Principal

Community Opportunities

1. Are you wondering what you can do to recognize the National Day for Truth and Reconciliation?

One option is to take part in the 5th Annual South Island Powwow at Royal Athletic Park.

Gates Open at 10 am, Grand Entry at 12:00 PM

Where: Royal Athletic Park 1014 Caledonia Ave, Victoria, BC

Free Admission and Everyone Welcome



SCHEDULE OF EVENTS	
10:00 AM	Gates open
10:30 AM	Lakwungen Dancers
11:00 AM	Grass Dancers - Ground Blessing
11:30 PM	Drum Roll Call
12:00 PM	Grand Entry
	Opening Comments: Songhees Nation Xwsepsum Nation Lillian Sam City of Victoria University of Victoria
12:30 PM	Intertribal Special Prayer Song/Dance Head Lady/Head Men Honor
1:00 PM	Recognition Dance Tiny Tots Intertribal
1:45 PM	Category Dance Ahousait Intertribal
2:15 PM	Category Dance Head Men Dancer Special Intertribal
3:15 PM	WSANEC Wolf Pack Category Dance Joyful Jiggers Intertribal
4:30 PM	Hoop Dancer: Jay Genaille
5:00 PM	Dinner Break
5:30 PM	Intertribal Category Dance Intertribal
8:00 PM	Retire Colours
	Subject to change

2. Boys and Girls Club is offering two parenting Program opportunities:

Parenting Without Power Struggles for parents of preteens (ages 9-14 years) and **Parents in the Know** for parents of teens (ages 15-19 years), offered by BGC South Vancouver Island beginning Sept 29th and Oct 1st, respectively.

Parents should email us directly at parentingprograms@bgcsvi.org to register.

3. 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 a Parent Education Evening on Supporting Adolescent Mental Health in a Digital World

Presenter & Description: Julie-Anne Richards is a Registered Clinical Counselor 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, October 6th 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 [October 2026 Parent Education REGISTRATION LINK](#) – 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.