From the Raven's Nest…

for Friday, October 30, 2026

Dear Families,



Trick or Treat!… Well I am sure that tomorrow is going to be an exciting night for many of our families that celebrate Halloween! We have been reminding all our students to BE SAFE, BE VISIBLE, BE AWARE and BE CAREFUL.

We really appreciate that even though they will have Sunday to recover (and have I mentioned how much we appreciate that?!), we may have some tired students that are riding the peaks and valleys of their sugar levels and want to try to ensure that they are able to be successful here at school. Proper nutrition is so important to ensuring a child's success of please help us out by trying to ensure that you are aware of what your child is bringing in terms of food and snacks next week. In the past, we have had some students bring excessive amounts of candy to school to share, or even sell, to their classmates. This is not acceptable, and we appreciate you taking the time to monitor your child's candy consumption so they can be successful next week.

Monday, November 2nd

- **Gr 8 Boys Basketball Practice at Lunch**

Tuesday, November 3th

- **Rainbow Raven's in the Art Room at Lunch**
- **Athletic Leadership at Lunch**

Wednesday, November 4th

- **Grade 8 students to the IMAX**
- **All Nations Room is OPEN at Lunch**
- **Music Room is OPEN at Lunch**
- **Gr 7/8 Girls Basketball Practice at Lunch**
- **Gr 7/8 Girls Basketball Game at Centre Mountain Lellum**

Thursday, November 5th

- **DROP IN Intramural activities for all grades**
- **Lockdown Drill of the year**

Friday, November 6th

- **No Stone Left Alone Ceremony at God's Acres**
- **DROP IN Intramurals Basketball for all grades**

Looking Further Ahead:

November 10 Remembrance Day Ceremony at 10:15

November 10 RMSPAC meeting in the LLC at 6:30pm. We will reviewing the budget so hope you can make it.

November 11 Remembrance Day Holiday

November 20 Curriculum Catch Up Afternoon

1250 Highrock Ave. Esquimalt, BC V9A 4V7 Ph: (250) 384-7125 Fax: (250) 384-7263

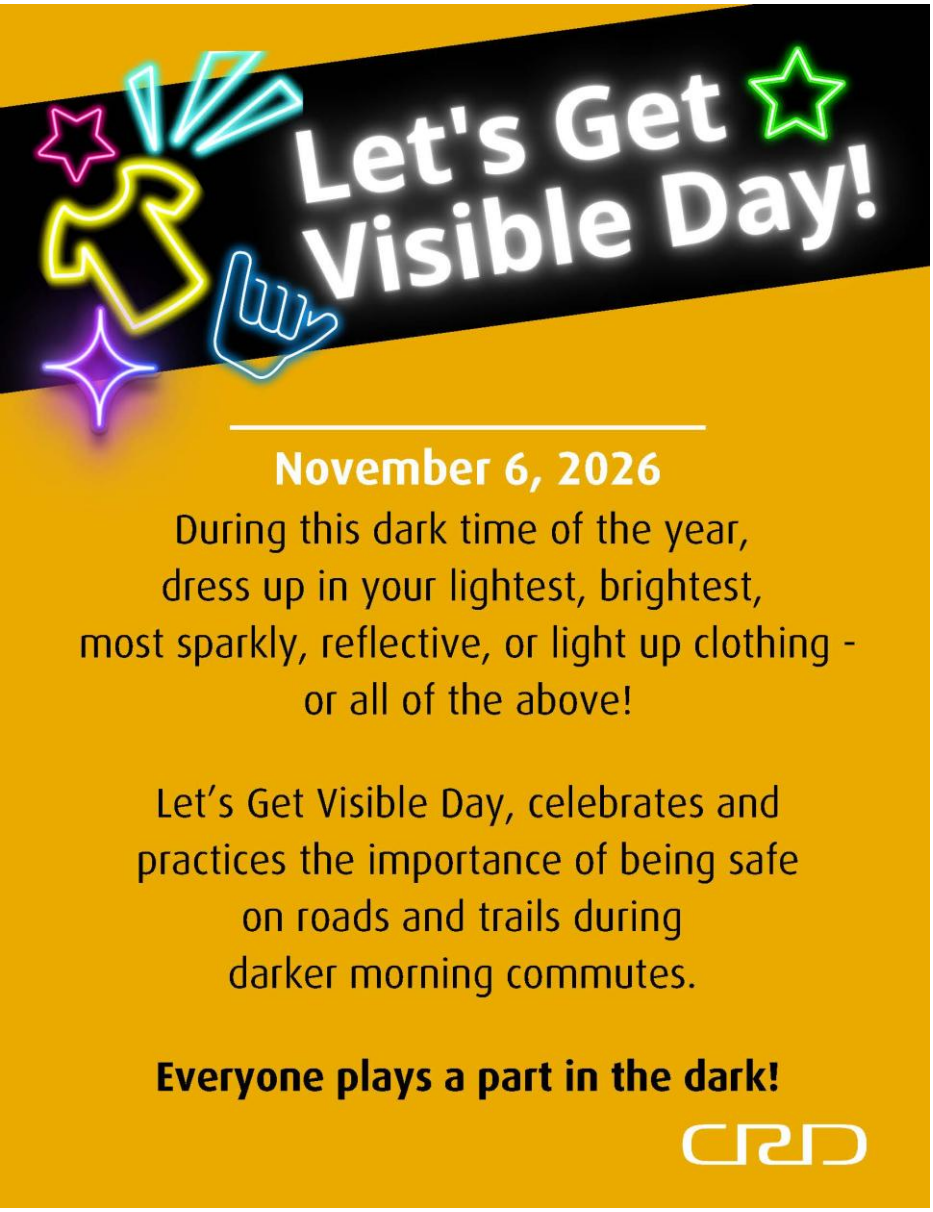
Remembrance Day - Lest we Forget
LAST CALL FOR PHOTOS

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.

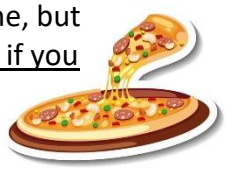
Thank you for your support with this important project.





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 slices for those students that forget to order online, but availability will not be guaranteed if you have not pre-ordered!



Let's Get Visible Day

With the days getting shorter and the sun coming up later in the morning, please encourage your children to be visible each and every day. Wearing reflective clothing and moving safely through our community is important for everyone's safety. On Nov 6 the CRD is having "Let's Get Visible Day" but being visible is important EVERY DAY!

We wish you all a safe and fun Halloween tomorrow and on behalf of everyone here at the school, we hope you have a great weekend.

Aaron Maxwell & Beth Richardson
Principal Vice-Principal

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