



THE ROCKRIDGE SURVIVAL GUIDE!

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THE FIRST DAY

Good news! Only grade 8's are in the school for the first hour and a half, and the other grades are only here for about an hour each! The first step is getting to Rockridge. The second step is finding Player's Hall for the grade 8 assembly. They will tell you a bit about the school and what to expect, and how to find your homeroom. We only have homeroom for about the first week or so, but you need to go.

In homeroom, your homeroom teacher will give you your schedule, and an agenda. This schedule will show your classes along with their day and block. You will also get maps of the school, do a name game, get your locker info, and get permission forms.

After that, you will visit your classes in any order and will get a "Passport sticker" from each of your teachers. You will have 45 minutes to find all 8 of your classes, and you can help your friends find the rooms. Plus, we hear there will be a snack!

Then, you will either be in a group to do a Scavenger Hunt or you will meet the counsellors. All done by noon!

IT IS AN EARLY DISMISSAL. Also, so you don't get confused I would like to kindly point out to you that

THERE ARE NO YELLOW SCHOOL BUSES AFTER SCHOOL ON THIS DAY SO YOU WILL HAVE TO FIND YOUR OWN WAY BACK HOME!!

BYOD (Bring Your Own Device)

Rockridge is a Bring Your Own Device school. So, you should bring a laptop or anything with an actual keyboard to school. You will need it for class activities, with an online application called Google Classroom. The Google Classroom is a website that allows teachers to post assignments, notes, documents, and questions. It also allows students to work together on projects using Google Docs, submit homework via Google Drive, and do many other cool things that your teachers will explain to you later. The best thing about Google Classroom is that students can work on assignments together no matter where they are, and it saves a lot of time from having to run over to someone's house to work on a project.

THE SCHOOL BUS

There are four buses that leave after school. The bus closest to the school goes to Lion's Bay. It does NOT stop at Horseshoe Bay. The other three are fine to take though. Just get on one of those buses before it leaves. That's when it gets tricky. The school day ends at 2:55 and the buses leave at 3:00 whether you're on them or not. If you miss it, there is a public bus that you can take (see below).

Tip- a good strategy is to get your stuff together before fourth block. (That means that you go to your locker, organize your bag, and check if you are missing anything) That way, you can go straight to the bus from last class!

For Bowen Island

Ok, on the way to school, you take your regular school bus to the 7:30 am ferry. It will probably be the same driver you've had in grade 7, if you took the bus. Then you take the ferry. Once you're on the other side there are 6 buses right in front of the terminal, near the drop off/ pick up zone. Those are the buses you can take. One bus goes to West Van Secondary, so DO NOT TAKE IT. Just ask the bus drivers when in doubt. Follow the big hoard of Rockridge students toward the 5 buses on the right. Choose any bus you want it doesn't matter.

After school, you've got to be on the 3:00 bus, or else you will be on the 4:30 boat instead of the 3:30. Once you get on that bus it's pretty easy. You get off at Horseshoe Bay, like everyone else. Then there will be a BC Ferries person waiting outside, where they will give you a special ticket saying Bowen student, instead of everyone signing the student form...that would take WAY too long. Then you take the ferry. After that, get on the same bus as you did on the way there, then you're home!

THE PUBLIC BUS

The Caulfeild bus (also known as the C12), stops outside of Safeway. It's a small, blue, shuttle bus. The bus goes from Caulfeild to Horseshoe Bay, to Lion's bay, then back to Caulfeild.

There is also a bus stop near the student parking lot on Headland. This is the stop for the 253. The 253 is a school special that only comes by after school. It goes through Caulfeild, then connects with Marine Drive and goes to Park Royal and down town. The 250 and 257 also go to Park Royal and downtown from Horseshoe Bay.

Tip- Get a bus schedule! They are extremely handy to have.

OPENING YOUR LOCKER

STEP #1- finding your locker

At the beginning of the year, you will be given a slip of paper with your locker address. It will look something like this;

EX. A: E217 **EX.B:** W102 **EX.C :** P098

The first letter will be E, W, or P. The E and W stand for the East and West sides of the school. (The West side will have the cafeteria and the East will have player's hall and the gym) the first digit determines what floor your locker is on. If the number is a 1, the locker is on the first floor. If it's a 2 you're on the second. The last two digits are the actual number of your locker. The lockers are numbered off in numerical order. So 1 is next to 2, 2 is next to 3 and so on.

You will most likely have a bottom locker since you are in grade 8. As you work your way up to grade 12, you will eventually get a top locker. Oh, and don't worry about not being able to reach the top lockers if you do by any chance get one, they are quite short.

STEP#2- opening your locker

On that slip of paper that I mentioned above, you will also receive your locker combination. The combination will look something like this;

13.29.10

Before you do anything you have to clear the lock of any previous numbers dialed into it. To do this, all you have to do is spin it four times clockwise (to the right). Then spin to the first number, or in this case 13. Then go the other direction (counter clockwise or left) past zero to the next number. I cannot stress this enough that you must go PAST ZERO. No matter where your second number is on that dial, you must go past zero then to the number. If you don't do this, the lock won't open. Finally, you turn the dial clockwise again, straight to the last number in your combination. Then pull down and BOOM! The locker is open!

Note- if your locker doesn't open, ask a friend. If the locker still doesn't open ask somebody from an older grade. They have gone through this before and will understand your frustration. If they can't open the lock, please, please, please **ASK THE OFFICE FOR HELP!**

One guy went a while without asking (about a month and a half of frustration to be exact) but when he did, it turned out that there had been a typo and he had received the wrong number for the last digit in the combination. Once he got the right one, everything was fine. Don't be afraid to ask the office for help – they will be happy to help you.

HOW TO FIND YOUR CLASSES

It's actually a lot like finding your locker, really. Outside each of the classrooms at Rockridge there will be a small, burgundy colored plaque about the size of your hand. This is the classroom number. For example: Drama Room: E103 Science room: W214

So, E means the East wing (player's hall) and W means the West wing (cafeteria). The second number tells you what floor the classroom is on. 1 is the first and 2 is the second. The last two numbers are the ones that signify the classroom. Now that you've got the basics down, there are a few more classrooms you'll need to know; **Examples: A: P3 B: West gym C: C207**

Example A is actually quite simple. The P stands for the portables. There are four classrooms in the portables. They are listed off as P1, P2, P3, and P4. They have a small plaque just like the other classrooms; the only difference is that you have to walk about 15 metres outside of the school to get to them, through the cafeteria and out the double doors at the back.

The next example is pretty simple as well. In Rockridge, there is only one gym. But on your schedule that you will be given it will either say the west or east gym. This is because there is a big divider that teachers can put out, separating the two sides. This creates the East and West gym. The West is the left side and the East is the right.

The C stands for Center. The library is the actual centre of the second floor and the office is the centre on the first. But when in doubt, ask anyone for help... even grade 9's are trying to find their classes.

THE LIBRARY LEARNING COMMONS

The learning commons has a pretty good selection of books. There are lots of good teen books, for guys and girls, as well as plenty of options to accommodate all reading types, like action and adventure, romance, science fiction and nonfiction and a good old comic book. They got it. Lots of classes use the library so the more comfortable you are, the better. There's also a bunch of computers you can use as well as a printer. You have to pay 10 cents a page if you're printing though. Overall there are lots of good resources in the library.

They also have books for all reading types. There's a spinner with simple reads, as well as comic books. Or, if you would like a challenge, they have a shelf for more experienced students.

But there is one thing that's a little bit different from elementary school libraries. They actually fine you. I had to pay about \$10 for two overdue books. Not fun. So, if you do take out a library book, we suggest you remember the due date because the fines add up real fast. But other than that, the library is a great place.

SURVIVAL LIST

1. **Have two binders for school.** One for day 1 and the other for day two. This is super helpful because then you only have four subjects per binder and it makes organizing your life simpler.
2. **Bring stuff even if you're not sure that you'll need it.** Your parents or guardian can't just run something to school if you forget it at home anymore. So if you forget your project, it's going to be late, and that's not fun.
3. **Always have a \$20 bill in your wallet just for emergencies.** If you by any chance get stuck in Caulfield, or are in an emergency, it's always good to have some money. It's about \$18 for a cab to drive you from Rockridge to Horseshoe bay. This way you can call a cab if there's no bus or something like that. Another use for emergency money is if you need to buy dinner.
4. **Just a tip-** if you don't want to bring a rain jacket to school (even though your parents are convinced it's going to rain) a smart idea is to bring an umbrella instead. They are much smaller so they can fit in your bag easily. That way you don't have to lug around a rain jacket all day.

SURVIVAL LIST FOR BOWEN ISLAND STUDENTS

- 1 **Don't miss the bus.** If, by any chance, you miss the bus, then your whole entire day will go a little sideways because when you miss the bus, there is a good chance that you'll miss your ferry too.
- 2 **Don't miss the ferry.** You don't want to show up at 10:00 am when school started at 8:30.
- 3 **Bring headphones.** They are a handy thing to keep around in your school bag, even if you don't use them all the time.
- 4 **Go to bed early....** Especially if you live on the far side of the island! Being tired at school is not fun.

BLOCK ROTATIONS

During your first day you will get a planner. This planner will help you organize your homework as well as inform you of pro-d-days, holidays, early dismissals, safety drills, as well as the day and block rotation. This planner is a very important resource, so DON'T LOSE IT.

In each day section of your planner, there will be a day and block. At Rockridge, there is a two day schedule. On each day you will have four classes. These classes are called blocks. And these blocks rotate. It all starts on a day 1. When you look in your planner you might see something like this:

Day 1- 1234

This means that it is a day one. The '1234' bit is the order in which your classes are in for the day. Block 1, 2 and 3 rotate every day 1. Fourth block however, stays the same. This fourth block never moves and is always after lunch and the last class of the day. It never rotates because of the people who take academy or super achievers, and fourth block has to stay the same. When it is a day 2, the block rotation is the same as the previous day 1. So if yesterday was a day one and the rotation was 1234, the rotation will be 1234 today. This probably is a bit confusing so I'm going to explain what a regular week would look like.

Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
day	1	2	1	2	1
Block rotation	1234	1234	2314	2314	3124

Note- The block rotation of each day is shown outside the office and on TV screens. The T.V. screens are in player's hall and the cafeteria.

Collaboration Block

Collaboration Block is where you have C.E., Career Education. You have CE on the first two Tuesdays of every month. So, it isn't an actual class in your timetable. There are usually guest presentations or online assignments.

- Classes are usually 1 hour and 17 minutes, but on Collaboration-block days they are only 1 hour.
- Lunch is at 11:51-12:33 instead of 12:50-1:33
- At 1:37 you will be called to either player's hall or the gym to listen to a presentation or do an activity.
- You will have to fill out a form to prove your attendance and work habits. These forms can be very important to your final grade in HACE at the end of the year.
- You will only get one mark in HACE. It will be on your third term report card.

So, on Collaboration block days, classes are shortened and instead you have an assembly for your grade where you can learn some pretty cool stuff. In our opinion it's pretty sweet.

THE CAFETERIA

The cafeteria is a pretty useful spot. Since you're going into grade 8, you won't be allowed to go to the village during lunch until the Spring. Some students go anyway though. If you do go, no more Caulfield visits for the whole year. It's pretty simple. So, it's in your best interest to go to the cafeteria instead.

Last year's menu (popular items only): burgers, pasta, waffle fries, Fruit salad, soup, smoothies, cookies, muffins, baked chips, Specials (such as fish and chips, Mac and cheese, and loaded potatoes. It changes every day). All of these different foods are reasonably priced. Last year, prices ranged from \$1.75-6.50

There are also three vending machines around the school. In one there's packaged food that is also sold at the cafeteria such as chips, granola bars and rice crispy squares. In another, there's pop and juice. The final vending machine is by the gym. This contains water, coca cola zero, diet coke, and Powerade. The items in the vending machine range from \$1.50-\$ 3.75, depending on what's in the vending machine.

What to do and what not to do:

DO	DON'T
Be yourself.	Sit in the middle of the hallway during lunch. Students don't like having to step over you and your friends.
Do things that you like even if others aren't. This is your life, not your friend's.	Totally abandon your friends from elementary school. It's not very nice, and there will be awkward times when you see them again because you live in the same community. Please, please, please, keep in touch with your old friends. Don't just decide that you want to be with others and leave all of your elementary friends behind.
Speak your opinion, but listen to others too.	Take insults to heart, most of them are just rude jokes or somebody feeling insecure.
Use a planner (given to you on the first day) – there is too much to keep track of!	Don't do drugs. Sorry, we had to put this in the book somewhere. Make good choices!
Use your locker.	
Try and read at least 1 book from the library.	
Make new friends	Stay up late on your phone/laptop.
Apply yourself in your classes.	Skip classes. Trying to catch up is worse.
Pay attention in Collaboration Block, some of the stuff is actually pretty cool, and is for marks.	Use your phone during class unless the teacher tells you to. You may not get it back until end of day.
Join a club, it doesn't have to be for the whole year, just see what they're like.	
Get enough sleep, like 9 hours!	

HELP!

Rockridge has lots of people who will help you, like other students, teachers, and the office staff, but the best place is the Counselling office. It has 3 counsellors plus a youth worker. Counsellors are different at high school because they don't need to tell your parents that you see them, and they can help with stuff that is not just if something is wrong. Lots of students are afraid to go to counselling at first until they end up meeting their counsellor, and then we realize that by grade 10, it is no big deal to go in and ask for help on choosing courses, getting info on summer programs or university programs, getting extra credits for things like ballet, piano, drivers ed, high level sports, etc.

Counsellors are also helpful if you have been missing school because you were sick or had concussions, if you had a problem with a friend or teacher, or if you are just feeling overwhelmed (plus more serious stuff). Your counsellors are organized by the students' last name. The youth worker is not assigned to any specific grade or student, and will help with anything personal, and things that do not involve your timetable.

To see any of them, you just show up during breaks or before/after school and they usually try to talk to you then, or you can make an appointment with them for later. When you go back to class, they give you a slip so that the teacher knows where you were, and the teachers never ask why.

You should drop in to meet your counsellor or the youth worker at some point in grade 8...they are actually pretty chill.

The other people you will want to know are the 2 Vice-Principals Mr Sandor and Mr Crowley, plus the Principal Ms Laursoo. You will meet them on the first day. So make sure you figure out who they are because they are always in the halls!

The last thing that you need to know is that there will be a one-day retreat to Bowen Island on Fri Sept 15th. All the details and forms will be sent home by email over the summer, but you will need to be dropped off at the Horseshoe Bay Ferry Terminal at 8:30 and picked up at the terminal at 3:30. There will be team building, outdoor pursuits and leadership challenges, so that will really give you a chance to try new stuff. Our advice is to be open to making new friends!

Well, that's about it. Rockridge is a great school, and you will do fine. There are about 940 kids to help you if you get stuck and there are about 175 kids that are going through the same thing that you are. You are not alone. Wow, that just got deep. That concludes the Rockridge Survival Guide and with you reading this, we have complete faith that you will definitely survive.

Good luck (even though you won't need it) and have fun!

– Olivia H.