



ROCKRIDGE

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May 22nd, 2018

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Principal's Blog](#)

[Daily Announcements](#)

CALENDAR UPDATE	
May	Event
1	Summer Learning 2018 – Registration Open
21	Victoria Day Holiday – School not in Session

A NOTE FROM THE PRINCIPAL

Staffing Updates

It is with mixed emotions that I announce John Crowley will be moving to West Vancouver Secondary School in September. John has been an administrator since 2002 with previous assignments at Sentinel Secondary and for the past nine years at Rockridge. He has made such an impact at Rockridge during his years as a Vice-Principal. What has impressed me the most is his advocacy for students, the connections he developed with all community members and his incredible work ethic. I know he will be an asset to the administrative team at West Vancouver Secondary School.

I am pleased to announce that Garth Thomson will be joining Chris Sandor and me next year to form the administration team at Rockridge. Garth has spent the last six years at West Vancouver Secondary School as Vice-Principal and prior to that was the Vice-Principal at Irwin Park Elementary. He will bring with him his enthusiasm and keen interest in sports, in particular basketball. Welcome, Garth!

Board Highlight

On Tuesday, May 15th at the School Board Meeting, Rockridge staff and students shared the work that was done to address the learning standards associated with mental health in the new K-9 curriculum. Their inquiry question was, *“How can we improve mental health literacy effectively and efficiently for our Gr. 9 students to increase their understanding of their own and others’ mental well-being?”* Board members heard from Mrs. Stephanie Jansen about the creative conference format used to deliver information about this important health issue. Working collaboratively, the PE teachers, counsellors, and school nurse, developed and delivered six modules over two days that focused on various aspects of mental health and well-being. Following Mrs. Jansen’s presentation, four Grade 9 students -- Isabella, Stephanie, Zach and Aiden -- provided some of their reflections on the conference and shared coping strategies that have proved effective for them.

Sporting Updates

Congratulations to our Golf Team who placed first in the North Shore Championships last week in Squamish! Well done team to Jennifer G, Spencer S, Zachary D, Patrick H and Cole F for their outstanding performances. A special congratulations to Grade 9 student Jennifer G who shot an impressive 71 and was the tournament leader. Wow! Thank you to Mr. Taguchi for coaching our team.

The provincial track and field championships are coming up in less than two weeks. According to Coach Renee Willock our team is mighty! We wish athletes Natalie S, Connor L and Simon M all the best in Langley on May 31 – June 2nd.

Rugby season is not yet over for our senior boys who will be competing in the provincial championships: Wednesday the 30th, Thursday the 31st and Saturday the 2nd

New Blog Post

Access my latest blog post [here](#) on the importance of decision-making and listening to your child. I shared some of my thoughts and provided a few words of advice for parents who are navigating the adolescent years.

COLOUR RUN

The Rockridge Blush Club is presenting their third annual **Colour Run on Thursday, June 7** during collaboration block. This event is designed to highlight the diversity of students in our school while honouring the differences between us. See attached for further information and permission form.

THE 6TH BI-ANNUAL ROCKRIDGE TRIP TO ORLANDO FLORIDA – April 2019

UPDATE: The parent information meeting will be held **on June 5th at 6:30 in the library.**

If you have any questions please contact: Jennifer Towers jtowers@wvschools.ca

SUMMER 2018: WORK, VOLUNTEER OR LEARN

[Summer opportunities](#) on the Rockridge Careers Page or come into the Career Centre (E102).

STUDENT TRANSPORTATION 2018/19 - Online Registration [here](#)

ARTISTS FOR KIDS SUMMER PROGRAMS

- Paradise Valley Summer School of Visual Arts, located at the Cheakamus Centre in Brackendale BC: Ages 8-12 & Ages 13-18
<http://www3.gordonsmithgallery.ca/Artists4Kids/Programs/PVSSVA/Pages/default.aspx>
- Art Day Camps at the Gordon Smith Gallery: grades K-1 & grades 2-3
<http://www3.gordonsmithgallery.ca/Artists4Kids/Programs/springsummerdaycamps/Pages/default.aspx>

2018-19 CALENDAR – SEE ATTACHED

VANCOUVER COASTAL HEALTH SERVICES

Raising kids with a healthy body image

Body image is not just about physical appearance. Children start to form eating habits and develop body image at a very young age. Parents are the main source of information for shaping their child's attitudes. By modelling healthy behaviours and attitudes, children and youth can be empowered to evaluate the messages they get outside of the home. To learn about helpful Do's and Don'ts to promote healthy body image and eating habits, download free pamphlet [here](#).

Jessie's Legacy booklet for parents: <http://jessieslegacy.com/wp-content/uploads/2018/05/Raising-kids-with-a-healthy-body-image-WEB-FINAL.pdf>

Helping Your Child Build a Healthy Body Image; Starting in grade school, children may become more aware of body image as they compare themselves to others. There are many ways adults can help children and teens develop a healthy view of themselves. For more info please see: <https://www.healthlinkbc.ca/health-topics/hw45835>

Healthy eating is important to your child's growth and development; Canada's Food Guide recommends a balanced diet that includes choosing a variety of different foods <https://www.healthlinkbc.ca/health-topics/tn9188#tn9189> . For more information on choosing a balanced diet, visit [Canada's Food Guide](#). You may also call **8-1-1** to speak to a registered dietitian, Monday to Friday 9:00 a.m. to 5:00 p.m., or you can [Email a HealthLinkBC Dietitian](#).

For additional resources on body image and healthy eating please contact your school nurse fara.lambing@vch.ca

WHY IS IT IMPORTANT FOR YOUR STUDENT TO HAVE THEIR FORMS COMPLETED?

ONLINE FORMS

The completion of the online form enables students to fully participate in their classroom activities. At this time:

- **Some teachers cannot get all their students in their class set up on Google Apps**

We ask that parents and guardians please complete the District Policies and Procedures Forms electronically, which are found on the school website at <https://eforms.sd45.bc.ca/Form/PandP>

STUDENT RELEASE FORMS

We ask that parents complete and return these forms to the school so that we can complete our Emergency Preparedness plan. Student Release Forms were distributed to students during the first week.

STUDENT VERIFICATION FORMS

We ask that parents sign and return forms confirming all information is correct and noting any changes to contact information. Student Verification Forms were distributed to students during the first week.

**YOUR ASSISTANCE IN ENSURING THAT ALL OF THE ABOVE MENTIONED FORMS ARE COMPLETED
IS APPRECIATED**