



Dear Rockridge Parents and Guardians,

Rockridge PAC is pleased to partner with Rockridge Secondary School to bring a series of virtual parent education sessions/webinars to parents of pre-teens and teens.

The first presentation in our Parent Ed series this year is an ambitious one:

**Student Stress and Anxiety during the Pandemic**

Students are stressed. Students are filled with anxiety. The Pandemic isn't helping their mental health. How has the Pandemic contributed to their anxiety levels? What is filling our kids with stress? What is triggering them to shut down or go into overdrive as they navigate through life? How can parents and caregivers help, and what strategies do our kids need so they can cope and thrive?

These are just some of the questions that Maureen Manning and Jennifer Radcliffe will address during this evening parent education session. The presentations by our speakers will run for approximately one hour and will be followed by 15-30 minutes of Q&A. Please join us for this important event, proudly hosted online by the Rockridge PAC on **February 4th from 7-8:30pm**. Once registered, you will receive a zoom link two days prior to the event.

A recording of this session will be available for a limited time following the event.

Link to register for the event: <https://www.eventbrite.com/e/student-stress-and-anxiety-during-the-pandemic-tickets-137358425749>

Please mark your calendars for the rest of the series:

**February 16th (7:00pm) during RSPAC Meeting**

Career Readiness: Exploring Experiential Learning Opportunities at Rockridge -  
Stephanie Jansen & Parnaz Kashani

Exclusive for Rockridge parents! Hear from our Careers Department Counsellors Stephanie and Parnaz as they outline the experiential learning opportunities available to Rockridge students.

**March 10th (6:30 to 8:00 pm)**

Education Planner: Parents as Education and Career Coaches (1.5 hours) - led by Rockridge Post-Secondary Counselor Leesa Alldred. See attachment for details

**April 20th (9:15-9:45am) during RSPAC Meeting**

What is the role of the Liberal Arts in a STEM world? See attached poster for details  
Dr. Barry (@ Western U - Huron)

**May 18th (7-8pm)**

Electronic Devices & Social Media: What Parents Should Know  
Jesse Miller

**Follow us:**

RSPAC webpage: <https://westvancouver.schools.ca/rockridge-secondary/parents/>

E-mail: [ropac@wvschools.ca](mailto:ropac@wvschools.ca)



Facebook: <https://www.facebook.com/RockridgeSecondaryPAC/>



Instagram: <https://instagram.com/rockridgepac?igshid=j9nydc0tl0yh>