



# ROCKRIDGE

ESSE QUAM VIDERI



Feb 16, 2023

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CALENDAR UPDATE	
Linear Week 1 this week	
Thur, Feb 16	<ul style="list-style-type: none"> <li>MYP Collab - 12:40 pm Dismissal (School-buses depart at 12:05 pm)</li> </ul>
Fri, Feb 17	<ul style="list-style-type: none"> <li>Reading Break - School Closed</li> </ul>
UPCOMING	
Feb 20	Family Day - School Closed
Feb 21	8:30 Grade 9 Course Request Input 5:30 – 6:00 pm FAST Program Information Session - see details below
Feb 22	PINK Shirt Day 8:30-9:30 am THE UNIVERSITY OF WATERLOO MATH CONTESTS - Library
Feb 23	Gr. 8 Course Request forms submitted in class UBC Young Women in STEM presentation @1:15-2 in W208 WV Schools Baseball Academy Open House - click <a href="#">here</a> for details
<a href="#">FULL ROCKRIDGE WEBSITE CALENDAR</a>	
WV Youth Services click <a href="#">here</a>	

## A MESSAGE FROM THE PRINCIPAL

I felt it important to check in with our families before a well-deserved long weekend to make sure everyone has been successful in accessing their Semester One student reports. If you are like me, you have had a busy week watching basketball championships, attending a PAC meeting, and perhaps planning your Family Day weekend activities. While I don't surmise there are many of our students that have been unable to access their reports, I did want to ensure parents and guardians are aware of their student's accomplishments and have had a chance to celebrate, reflect and then set goals for semester two. Maintaining and improving student learning and instilling a feeling of personal success is our focus at Rockridge. With semester two well underway you will be receiving informal progress reports next week between the 21st and 24th. The following week, student reports for linear courses will be posted and access to view these will also be through MyEd as it was last week for semester courses. It can be a lot to keep track of, but communicating student progress is important business for optimizing your student's growth and success.

Last night we hosted our monthly PAC meeting with two special guest speakers. Trustee Chair Broady

and Trustee Block attended our meeting and spoke about their roles and responsibilities with our school district. We also had District Principal of Inclusive Education, Corrine Kinnon and VCH nurse Anna Lee present about supporting students and families with vaping and smoking cessation. You will see below some further detail about our Beat the Vape Club which reflects the collaborative efforts Rockridge is engaged in with our district, community partners, students and families.

*There is so much more for you to review in this week's E-Bulletin. I appreciate the time you take to scroll down to stay informed. Again, please take a moment to browse this week's Raven Life for some excellent Raven basketball coverage, as well as some special recent student and staff learning stories.*

**PARENT TEACHER CONFERENCES Tues, March 7th from 2:00-4:30 pm (Virtual through google meet)**

Sign up for semester 2 parent teacher conferences will start on Feb 22nd @6pm through March 5th @10pm on this site <http://rss.schoolappointments.com>. More details will come out by email on Feb 21st.

**STUDENT REPORTS**

- Semester 1 Final reports were published to the MyEdBC Parent Portal last week on Thursday, February 9th. You should have received an email to alert you to go to the MyEd Portal. Trouble logging in? - Click on the [School District's My Ed Family Portal Page](#)
- Semester 2: Informal Progress Reporting to be emailed during the week of Feb 21-24
- Term 2 Linear reports will be published March 2nd

**2023-24 COURSE PLANNING INFORMATION**

We have now completed the course planning presentations for our families. You can find the slideshows, forms, course indexes and AP/Special programs info night video [HERE](#). Grade 8 students will submit their forms on paper. Grade 9-11 students will complete a form on Google Classroom and then make course requests through a google classroom assignment and [MyEd](#) by March 26th. If the student's account is disabled from password reset - please email [jtowers@wvschools.ca](mailto:jtowers@wvschools.ca)

**SEMESTER TWO: Grade 8 Advisory**

<b>SEMESTER TWO: Gr. 8 Advisory Dates for Block 5 (1:15-2:00 pm)</b>	
<b>Grade 8 Advisory #9</b>	<b>Tues. February 28<sup>th</sup></b>
<b>Grade 8 Advisory #10</b>	<b>Thurs. March 30<sup>th</sup></b>
<b>Grade 8 Advisory #11</b>	<b>Thurs. April 13<sup>th</sup></b>
<b>Grade 8 Advisory #12</b>	<b>Tues. April 25<sup>th</sup></b>
<b>Grade 8 Advisory #13</b>	<b>Tues. May 9<sup>th</sup></b>

<b>Grade 8 Advisory #14</b>	<b>Thurs. May 25<sup>th</sup></b>
<b>Grade 8 Advisory #15</b>	<b>Thurs. June 8<sup>th</sup></b>
<b>Grade 8 Advisory #16</b>	<b>Tues. June 20<sup>th</sup></b>

Semester one was filled with grade 8 homeroom activities and competitions that were led by our Mentorship 10 students. We will be wrapping up our RAVENS competition with a scavenger hunt on Tuesday, February 28<sup>th</sup> and a PIZZA treat for the final winning team. Right now the **Adaptable Black Penguins** are in the lead, but it's still anyone's game!!!

<b>Grade 8 Homeroom</b>	<b>Homeroom Points</b>
<b>RESILIENT Red Bulls</b>	<b>1360</b>
<b>ADAPTABLE Black Penguins</b>	<b>3110</b>
<b>VALIANT White Polar Bears</b>	<b>2345</b>
<b>EMPATHETIC Yellow Blobfish</b>	<b>1905</b>
<b>NOBLE Orange Tigers</b>	<b>2810</b>
<b>SUPPORTIVE Green Snakes</b>	<b>2205</b>

#### **UBC Young Women in STEM- presentation Feb 23rd @1:15-2pm in W208**

If you are interested in pursuing STEM in post secondary please come to this presentation from 3-4 Young Women in STEM as they talk about their fields of study, their path to UBC as well as some activities/demonstrations that go over interesting and useful scientific concepts. It will conclude with a Q&A session and university life, majors at UBC, grad school and more.

#### **FAST (FIRST AID SWIM TRAINING) - Open House Feb 21st**

Applications for the 2023-2024 school year will close Friday, March 10<sup>th</sup> at 3:00 pm.

FAST is a young lifeguard education program that allows students to develop the essential skills to be successful and confident lifeguards. At the completion of the FAST program students will have obtained all of the required certification prerequisites necessary to enroll in the National Lifeguard Course, which students can take independently when they are 15 years of age or older. Completion of the National Lifeguard Course is the final credential necessary to qualify an individual to work as a lifeguard.

In addition to developing strong first aid skills, the FAST program also focuses on providing students with a practical foundation in resistance and cardiovascular training, swimming, stroke-development and leadership. Please [click this link](#) to learn more and to apply to the program.

#### **FAST Program Open House**

- Date: Tuesday February 21<sup>st</sup>

- Time: 5:30 pm
- Location: Rockridge Secondary School

## **BEAT THE VAPE - LOOKING FOR STUDENT MEMBERS!**

### **A Smoking Cessation Club at The Rock**

Supporting students with making healthy and safe choices is important and challenging work. We know that educating and supporting adolescents around substance use and reduction requires student buy-in and engagement, but also adult expertise. With this in mind, we are pleased to introduce a new club opportunity for students at Rockridge called Beat the Vape. In partnership with VCH Tobacco & Vapour Reduction members, our Youth Worker, Leanne will be piloting a seven week club during Block 5 for students who would like support to quit vaping.

#### **Beat the Vape Information for Students and Families:**

1. The club will begin on Tuesday, February 14th at 1:15 to 2:00pm *during Block 5*
2. The club will meet weekly on Tuesdays for 7 weeks in G-201
3. We have 10 spaces available for students to join - *(We still have space available)*
4. Students who would like to join can sign up directly with Leanne by visiting our counselling office or by emailing her.
5. Parents/guardians who would like to have their student attend can contact Leanne via email at [LWarner@wvschools.ca](mailto:LWarner@wvschools.ca) or Garth Thomson [GThomson@wvschools.ca](mailto:GThomson@wvschools.ca), Jennifer Towers [JTowers@wvschools.ca](mailto:JTowers@wvschools.ca) or Trevor Kolkea [TKolkea@wvschools.ca](mailto:TKolkea@wvschools.ca)
6. Parents/guardians will be important partners in our club to help support student attendance to be successful in achieving their goals

**More about the program:** The Lung Health Foundation smoking and vaping cessation program targets youth ages 14-19 who are interested in quitting. The program offers a self directed, stage-by-stage quit plan based on whether users want to quit smoking, vaping or both. It includes customizations to support the user on their individual quit journey based on their unique quit goals. This adult-facilitated program portions are integrated with both the Quash website and mobile app tools.

## **RAVENS ATHLETICS:**

### **Rockridge Basketball**

Senior boys are the NSSAA CHAMPIONS!!

**Grade 10 Boys Rugby** - looking for parent help to coach at games and share coaching duties with Mr. Zambon. Contact Athletic Director, Mr. Ian Armstrong [IArmstrong@wvschools.ca](mailto:IArmstrong@wvschools.ca)

#### **Stay up to date on Raven Athletics:**

- Follow Rockridge Secondary on Twitter: [Rockridge Secondary Twitter](#)
- Follow Rockridge Secondary on Instagram: [@rockridgess](#)
- Contact Mr. Ian Armstrong [IArmstrong@wvschools.ca](mailto:IArmstrong@wvschools.ca) if you have questions regarding our Athletics program.

\*Our student athletes should be members of their team's Google Classroom for full team schedules and messages.

### ROCKRIDGE JAZZ CAFE 2023 - Thursday, March 2<sup>nd</sup> - Players Hall

- Doors open at 6 pm, music starts at 6:30 pm.
- We will be transforming Player's Hall into our very own café, with candlelit tables, coffee, tea and refreshments.
- Tickets for the event are \$15, payable through this schoolcash online link:  
<https://westvancouver.schoolcashonline.com/Fee/Details/22594/105/False/True>

### YEARBOOK SALES UPDATE - Don't Miss Out!

The deadline to pay for the 2022-2023 Rockridge yearbook is February 28th! This item has been added to all students' SCO accounts. Payment (\$50) can be made here: [School Cash Online](#)

### ENVIRO CLUB FUNDRAISER FOR THE GARDEN

The Make it Sow fundraiser is back! If you are wanting to purchase seeds for your garden to support our school garden please go to this site <https://makeitsow.com/shop/#code-submission> and enter this code **RSSEC\_2023**. The fundraiser **closes on March 5th** - with seeds picked up after Spring break.

### ROCKRIDGE OUTDOOR GATHERING AREA - PAC Final Fundraising Campaign

Our PAC needs your help to make the Rockridge covered outdoor student gathering area a reality. You can learn more about the final steps of this project by viewing our [digital flyer](#). You can make donations through School Cash Online [SCO](#)

### BLOCK 5 UPDATES

Our Tuesday and Thursday schedule provides ongoing opportunities for students to use their time to focus on their individual curricular needs. This week students participated in their Careers class that included learning more about the MYP Personal Project that is completed in Grade 10 by all students as part of our IB World School. There is an assignment required for each student to complete following this tour of the Personal Project Exhibition.

SEMESTER TWO Gr. 8 & 9 Careers Dates for Block 5	
Tuesday	Thursday
	Mar 9 (Gr. 8 & 9)

Teacher locations during Block 5: [bit.ly/rrFITlocations22](https://bit.ly/rrFITlocations22) This list will help students plan their effective use of their flexible instruction time.

Automated phone calls/emails are sent home when students are absent from a class. This includes Block 5 for grade 8 students and Careers for grade 8 and 9. The automated call system does not specifically explain which block a student missed, so we do ask that parents/guardians discuss any unexpected absence calls with your student first, then call our office if you have further questions or inquiries.

### **AWARDS 2022-23 - Held on June 26th**

It is time to start nominating yourself for a major Rockridge award- **Principal's Awards of Merit, Rockridge Prestige Award (Athletics or Fine Arts), Caulfeild Village Merchant Community Spirit Award, Morgan Backhouse Award, Rock Solid Award and Service Award**. To prepare for future scholarship applications, we are asking grade 8-11 students to fill out the appropriate forms (linked [HERE](#)) in order to be recognized for a major award for the 2022-23 school year. Teachers will continue to nominate students for subject recognition awards but will no longer nominate for major awards but instead review the applications to determine the rightful winners. You will find descriptions of the awards and links to the application forms [HERE](#). Applications are due **May 28th @midnight**.

## **WV SCHOOLS DISTRICT NEWS**

### **WVS Premier Sports Academies**

The WVS Premier Sports Academies are accepting registrations for the 2023-2024 school year. Please see the attached list of Academies noting information evenings and registration dates.

Please note the following tryout dates for students going into Grade 8 to 12 this September. Students register online for the Basketball Academy (<https://westvancouver.schools.ca/academies/basketball>) and Volleyball Academy (<https://westvancouver.schools.ca/academies/volleyball>) and the Academy Office will provide further communication regarding the try outs.

### **VOLLEYBALL ACADEMY TRYOUTS**

Wednesday March 29th 3:30 to 5:00 West Van Secondary New Gym

Thursday March 30th 3:30 to 5:00 West Van Secondary New Gym

### **BASKETBALL ACADEMY TRYOUTS**

Tuesday April 4th (RTC 1 & 2) 3:30 to 5:00 West Van Secondary Old Gym

Wednesday April 5th (Development) - 3:30 to 5:00 West Van Secondary Old Gym

### **NEW Course Offering - Computer Information Systems 12: Cybersecurity and Artificial Intelligence**

**Open to students from all three secondary schools, while priority is given to students entering Grade 12 in September, Grade 11s may also apply.**

Cybersecurity and Artificial Intelligence is a hybrid (in-person and virtual) course being offered by West Vancouver Schools. These areas of study impact many aspects of our lives today and demand for trained professionals in these areas is growing exponentially.

Cybersecurity: In Canada, the unemployment rate for Cybersecurity professionals is 0%. In this course, students will learn about Digital Citizenship, Cybersecurity, Cybercrimes, Viruses, DDoS, Phishing,

Cryptography, the Internet, how to stay safe online, and will also get Cybersafe certified. Students will also compete in CyberTitan (<https://www.cybertitan.ca/>) – one of Canada’s largest cyber defense competitions.

Artificial Intelligence: We are impacted by AI every single day, as it includes self-driving cars that navigate roads independently, face filters in apps, healthcare for early detection and treatment, sports to maintain player fitness, agriculture for pest and disease control, and smart home assistants such as Alexa, Siri, and Cortana. Students will learn about Artificial Intelligence ethics, training data & bias, machine learning, neural networks, and computer vision. We will use some of Google’s Artificial Intelligence software to gain a better understanding of how AI works and its applications.

### **WV Schools Parent Education Night - 7-8 pm March 1st, 2023 - WVSS**

SOLUTIONS TO COMBAT THE MENTAL & PHYSICAL HEALTH CRISIS IN OUR COMMUNITY -see attached

### **WV Schools Presents Community Art Showcase - March 6th, 6:30-8:00 pm - Kay Meek - see attached**

All proceeds of this fundraiser will support

- Cinderella Project
- Downie Wenjack Legacy
- Schools & West Vancouver Schools
- Community ARts Program

### **Parents as Education and Career Coaches - March 8, 2023 - 6:30-8:30 pm - MS Teams**

EducationPlannerBC and SD 45 West Vancouver invite parents, families, and student supporters to join our virtual workshop: Parents as Education and Career Coaches (PECC) on Wednesday March 8th, 2023 from 6:30pm to 8pm.

Learn how you can help support your student in planning for their future. All parents and supporters of high school students are welcome, but the presentation is especially helpful for those with students in Grades 10-12.

The session is engaging and informative, and includes a Q&A.

Topics include:

- B.C.’s post-secondary education landscape, including institutions & credentials
- Program and admission requirements & key dates
- Financial assistance options & scholarships
- Navigating resources and the application process through our website [www.EducationPlannerBC.ca](http://www.EducationPlannerBC.ca)

Hosted on MS Teams webinar. [Registration](#) is required.

For more information: [support@educationplannerbc.ca](mailto:support@educationplannerbc.ca)

Contact: Leesa Alldred: [LAlldred@wvschools.ca](mailto:LAlldred@wvschools.ca)

### **2023-2024 CARPENTRY: YOUTH TRAIN IN TRADES - Application Deadline: Friday, March 10, 2023**

The West Van School District’s Carpentry: Youth Train in Trades is for students who are keenly interested in acquiring industry recognized skills and certification in carpentry, construction and related trades. By completing this program students receive 16 credits (4 courses) towards high school graduation, in addition to Level 1 Carpentry Training. Students learn lifelong skills, participate in work experience, and have the opportunity to learn right on the job site! To learn more about the program



[visit this site](#) and to [apply click here](#). If you have any questions, email Akina Weitzel: [Aweitzel@wvschools.ca](mailto:Aweitzel@wvschools.ca)

## COMMUNITY NEWS

### **Talking to Children and Youth about Decriminalization and Substance Use**

As you may be aware, Health Canada has granted the Province of British Columbia an exemption from the federal Controlled Drugs and Substances Act, allowing the removal of criminal penalties for possession of small amounts of certain illicit substances for personal use. To be clear, this exemption does not apply to licensed child care or K-12 school properties. The federal Controlled Drugs and Substances Act continues to apply to these settings, meaning there will continue to be criminal penalties for possession of illegal substances, regardless of amount, while on child care and or K-12 school properties. Learn more about this at: [Resources for Parents/Guardians and Caregivers](#)

### **Med-Ed 2023 - Pathways Through Medicine - Feb 18, 2023 @ the HOpe Centre**

1337 St. Andrews Avenue, North Vancouver

High school students interested in a career in the medical field are invited to attend the 5th Annual Med-Ed conference hosted by Lions Gate Hospital Foundation's Youth Advisory Committee.

This annual conference brings together experienced health care professionals and students for a morning of information and insight into medical careers. There will be an incredible line-up of panelists for this year's event who will share their personal experiences and provide advice and information on the many career pathways available.

**Tickets:** Get your Early Bird [Ticket](#) for \$25 before February 12 (Regular Tickets \$30 after Feb 12)

### **Paper & Electronic Recycling in Horseshoe Bay - Sat, Feb 25th 10 – 2**

The Western Residents Association and The Horseshoe Bay Business Association are hosting a Paper Shredding and Electronic Recycling Event at Sewell's Marina Parking lot in Horseshoe Bay. (6409 Bay Street West Vancouver) See attached poster for further information.

### **VSO Education and Community Engagement Programs:**

#### **Relaxed Performance March 16th at 11:30am at the Orpheum. (During Spring Break)**

Children of all ages, families, all neurodivergent community members, and those who simply want a more relaxed performance experience are welcome to this one-hour, sensory-friendly performance. Relaxed Performances have become a defined term in the performing arts, as performances specially designed to welcome a neurodiverse audience, and audiences that may perceive stresses or barriers in a more formal concert setting.

Relaxed performance is part of the dress rehearsal before a concert. Just like a concert, the orchestra runs through their program in an informal setting.

Please check this [link](#) for further information and tickets

## RECURRING NEWS ITEMS

**Annual Winter Weather Reminder:** Use this link for information about the communication of weather closures and procedures: [SCHOOL DISTRICT WINTER WEATHER PROCEDURES](#)



### **District Affordability Fund**

The Ministry of Education has provided West Vancouver Schools \$650,000, a one-time funding grant for us to make the 22/23 school year more affordable for students and families in need. We have now received the funding for our 18 schools and have allocated the money based on the specific needs of each of our school communities. Our allocation:

- Will allow schools to cover costs for school fees, school supplies or other school related costs for students in need
- Some funds will be used to benefit large groups of both elementary and secondary students

Families are encouraged to reach out to Mr. Kolkea if any financial support is needed for school-based supplies, fees or activities.

### **Health & Safety**

We want to ensure all our families know that the wellness of our Rockridge community is always top of mind. There are three simple reminders we continue to share with staff, students and caregivers:

1. Hand hygiene is an effective means to prevent illness.
2. Wearing a mask is always an option for members of our school community.
3. If you are not well, stay home, rest and return when you are better. Students can use Google Classroom, contact their teacher or classmates to keep up with assignments.
4. **Cold & Flu Season** - When to keep your child home from school - click [here](#)

### **Traffic Safety at Rockridge**

Our traffic and safety committee will be meeting again in the new year to review action items and messages to improve traffic flow and safety around our school.

### **SchoolCash Online - Student Fees**

Rockridge uses School Cash Online for school items requiring payment. This system is utilized throughout the West Vancouver School District, and you and your child will continue to receive payment requests in this manner. If you are new to the WV School District and have not yet registered for SchoolCash Online, we can provide you with a temporary PIN number to be used the first time you log in, then you will be prompted to create a login and password for future access. Please email [rockridge@wvschools.ca](mailto:rockridge@wvschools.ca) with your student's name and grade to request this PIN if you are not yet set up with an account.

### **Excused Absences and Early Dismissals**

If a student will be late for school or missing a block, parents are requested to inform the school by sending an email to [rockridge@wvschools.ca](mailto:rockridge@wvschools.ca) . Please include the student's full legal name and grade, time of Absence and Reason for Absence. Students arriving 'late' for class should proceed directly to their class and check in with the teacher who will modify the attendance to indicate 'late' rather than 'absent'.

### **Policies & Procedures Form 2022-2023 - <https://eforms.sd45.bc.ca/Form/PandP>**

This online verification and consent form requires a parent login and must be completed for all students each year. If a parent previously created an account to complete the 21/22 form, the account is the

same. If you have forgotten your password, you can follow the instructions to reset it. Once logged in, parents have the option to either update a P+P form created last year or start a new one.

Please be aware that a new P+P consent form MUST be completed for each student, each school year. Without a completed consent form, students are not permitted to access their Google classrooms, have their photos included in the yearbook etc. Permissions expire on August 31 each year.

### **Student Verification & Emergency Release Forms**

These forms were sent home with your child at the beginning of the school year. Please return as soon as possible so that we can complete our Emergency Preparedness Plan.

### **MyEducation BC & BC Services Cards**

MyEducation BC has developed a new feature that provides BC students and parents with the choice to connect their BC services card to MyEducation BC and use the BC services card app, rather than the district issued username and password. Please see the [MyEducation BC Family Portal](#) on the West Vancouver Schools Website and select 'Student Portal Guides' or 'Family Portal Guides' as appropriate for further information.