



# ROCKRIDGE

ESSE QUAM VIDERI



Feb 23, 2023

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CALENDAR UPDATE	
Linear Week 2: Feb 27 - Mar 3	
Feb 23	<ul style="list-style-type: none"> <li>• UBC Young Women in STEM presentation @1:15-2 in W208</li> <li>• FAST Program First Aid - Library 1pm - 8:30pm</li> <li>• WV Schools Baseball Academy Open House - click <a href="#">here</a> for details</li> </ul>
Feb 24	<ul style="list-style-type: none"> <li>• Gr. 9-12 Indigenous Student Experience UBC Day 8am - 2pm</li> </ul>
Feb 28-Mar 2	<ul style="list-style-type: none"> <li>• Outdoor Rec to Manning Park</li> </ul>
Feb 28	<ul style="list-style-type: none"> <li>• YEARBOOK PAYMENT <b>DEADLINE</b> - Payment (\$50) can be made here: <a href="#">School Cash Online</a></li> <li>• FAST Program First Aid - Library 1pm - 8:30pm</li> <li>• Gr. 8 Advisory in Block 5</li> <li>• Indigenous Student Forum &amp; Lunch</li> </ul>
Mar 1	<ul style="list-style-type: none"> <li>• Social Justice to BCCLA Conference</li> </ul>
Mar 2	<ul style="list-style-type: none"> <li>• AP Physics STEM to Kwantlen Polytechnic University</li> <li>• Term 2 Linear Reports Posted</li> <li>• JAZZ CAFE - 6PM</li> </ul>
UPCOMING	
Mar 7	<ul style="list-style-type: none"> <li>• VIRTUAL Parent-Teacher Conferences 1:20 pm - 5:00 pm</li> </ul>
Mar 8	<ul style="list-style-type: none"> <li>• Kanata Club hosts International Luncheon</li> </ul>
<a href="#">FULL ROCKRIDGE WEBSITE CALENDAR</a>	
WV Youth Services click <a href="#">here</a>	

## A MESSAGE FROM THE PRINCIPAL

School administrators and counsellors live in a unique world by the time February comes along each year. In short, we are working to support our Rockridge learning community in the current semester, but we are also well into planning for 2023-24. It's nothing new to us, but it is what has added to some of the content of the E-Bulletin today for our Raven families. I will keep my message brief this week, so you can spend more time reading, then discussing the Course planning email families from Grade 8 to 11 will receive today. I urge you to talk to your student about their course selections and review them within the next few days. Since changes are permitted up until the end of Spring Break, our team wants to make sure student selections are not only complete, but accurate. Thank you families for the support you provide to our students and the guidance you provide for their planning for 2023-24.

I appreciate the time you take to scroll down through our weekly E-Bulletin to stay informed. Again, please take a moment to browse this week's Raven Life for this week's special 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 be open from Feb 22nd through March 5th @10pm on this site <http://rss.schoolappointments.com>.

### **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 Courses: Informal Progress Reporting will be emailed this week - **Feb 21-24**. You may have already received some, or all of these. Please contact your student's teacher if you have any questions about the progress report. If you are missing a progress report, please email the teacher directly to resolve the issue.
- 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 video [HERE](#). Grade 8 students have submitted their forms on paper. Grade 9-11 students have completed a form on Google Classroom and then made course requests through a google classroom assignment and [MyEd](#). To view student Course Requests, please see the attached *MyEd Viewing Student Course Requests*. If the student's account is disabled from password reset - please email [jtowers@wvschools.ca](mailto:jtowers@wvschools.ca)

### **BLOCK 5 UPDATES**

Our Tuesday and Thursday schedule provides ongoing opportunities for students to use their time to focus on their individual curricular needs. It is also where our Gr. 8 & 9 students have Careers presentations scheduled. Here are the upcoming dates for scheduled presentations:

<b>SEMESTER TWO Gr. 8 &amp; 9 Careers Dates for Block 5</b>	
<b>Tuesday</b>	<b>Thursday</b>
<del>Feb 21</del>	Mar 9
April 4	April 20
May 2	May 18
May 30	June 15

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

Automated phone calls/emails are sent home when students are absent from a class. This includes all Block 5 classes for grade 8s and Careers presentation classes 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 the student first, then call our office with further questions.

**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. A reminder, 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>

**RAVENS ATHLETICS:** If you want to play for a school team this spring, look at the Google Class code board outside the Athletics office. Hint: You will be able to spot this on the **pink poster**.

**Rockridge Basketball**

Players please return all uniforms to your coaches or Mr. Armstrong, Athletic Director.

**Rockridge Tennis** Google Classroom Code: [go3awf3](#)

If you are interested in joining the tennis team, please fill in the form found on Google Classroom by Monday, February 27, 2023. For more information please see Ms. Neacs (W110) or Ms. Rinfret (W116)

**Mountain Bike Team** - Google Class code [rz55ubo](#) Racing begins in April.

### **Badminton**

- **Badminton Team** Google Class code: [qszripv](#) first practice TODAY after school.
- **Badminton Club** (non-competitive) Google Class code: [V55ioaa](#)

**Girls Soccer** Google Class code **Junior:** [zbq3rjt](#), Google Class code **Senior:** [Vybw6vb](#)

All girls interested in playing soccer for Rockridge this year, there will be a meeting at lunch on Friday in the Weight room.

**Rockridge Junior/Senior Ultimate Frisbee** Google Class code: [btp5fxk](#)

If you are interested in Junior or Senior Ultimate Frisbee teams, sign up outside Mr. Armstrong's door.

**Grade 8-9 boys volleyball** Google Class code: [oxbzhea](#)

Practices will start Tuesday February 28 after Block 5. Class code: [oxbzhea](#)

**Rockridge Golf** Contact Mr. Taguchi: [TTaguchi@wvschools.ca](mailto:TTaguchi@wvschools.ca)

**Rockridge Ice Hockey** Google Classroom Code: [owc2sjg](#)

Please meet in the lab C208 at lunch (11:18 AM) this Friday February 24, 2023. This is a mandatory organizational meeting if you want to play ice hockey this Spring in the North Shore High School Hockey League. (NSHSHL). All ages and genders are welcome in this non-contact league.

**Girls Rugby** Google Class code: [kh2kmw4](#)

**Boys Rugby Gr 10-12** -Due to low numbers at the first 2 weeks of practice, the juniors will be playing with the seniors. see Mr. Zambon or Contact 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 VISUAL & PERFORMING ARTS PRESENT JAZZ CAFE 2023 - Thursday, March 2<sup>nd</sup>**

- 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.schoolcashionline.com/Fee/Details/22594/105/False/True>

### **ROCKRIDGE INTERNATIONAL LUNCH IS BACK! March 8th - PH**

On behalf of our Kanata, Interact, and Dear Asian Youth Clubs we are excited to let you know after a 2 year hiatus our annual International Lunch is back! It is happening on March 8th in Player's Hall. The

International Lunch has been a Rockridge tradition for over 20 years and we have been very grateful for the delicacies that Rockridge families have contributed to help make this event a success. In previous years we have sold over 300 plates of food and we are hoping to be able to offer a variety of dishes again this year. We would greatly appreciate it if you could contribute to our lunch. Students who contribute food will be given 5 free tickets and service hours.

Details and sign up sheet can be found here: <https://bit.ly/Internationallunch2023>

Please sign up by March 3rd.

If you have any questions please contact Christy Coulthard at [ccoulthard@wvschools.ca](mailto:ccoulthard@wvschools.ca)

### **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](#)

### **GRADE 8s RETURN TO CAMP SUMMIT - May 3-5**

Please attend our [parent info night](#) - March 30th @ 6pm virtually through [google meet](#). Permission forms will go out to students during block 2-2 classes that week and are due along with the payment through school cash online - April 14th.

### **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.

### **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

**FAST (FIRST AID SWIM TRAINING)** - 2023-2024 Application deadline 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.

**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. Click [here](#) for details**

**WV Schools Presents Community Art Showcase - March 6th, 6:30-8:00 pm - Kay Meek - click [here](#)**

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 West Vancouver Schools invite parents, families, and student supporters to join our virtual workshop. 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**

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

**Parenting Teens FEB 23 - APR 27 (hiatus Mar. 16 & 23 for spring break)Thursdays 6:30pm - 8:30pm**

This program was created to address a number of topics relevant to parents of children and teens (11-18 y/o). Parents will be able to share their experiences and learn key information and new skills to help them on their personal and parenting journeys. This program is free and facilitated by counselling professionals and intern counsellors. Limited spots available. See poster attached

### **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](#)

### **Paper & Electronic Recycling in Horseshoe Bay - Sat, Feb 25th 10 – 2:00**

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.

## **Erase Parent Sessions**

### **erase Parent Sessions on Establishing Respectful Relationships and Consent**

*erase* is providing two virtual learning sessions (Feb. 27 and Mar. 8) for parents/caring adults focused on Establishing Respectful Relationships and Consent. These sessions are best suited for parents/caring adults of students in Grade 8 and above. Click on [sessionschedule](#)

### **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**

### **BEAT THE VAPE 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.

**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.