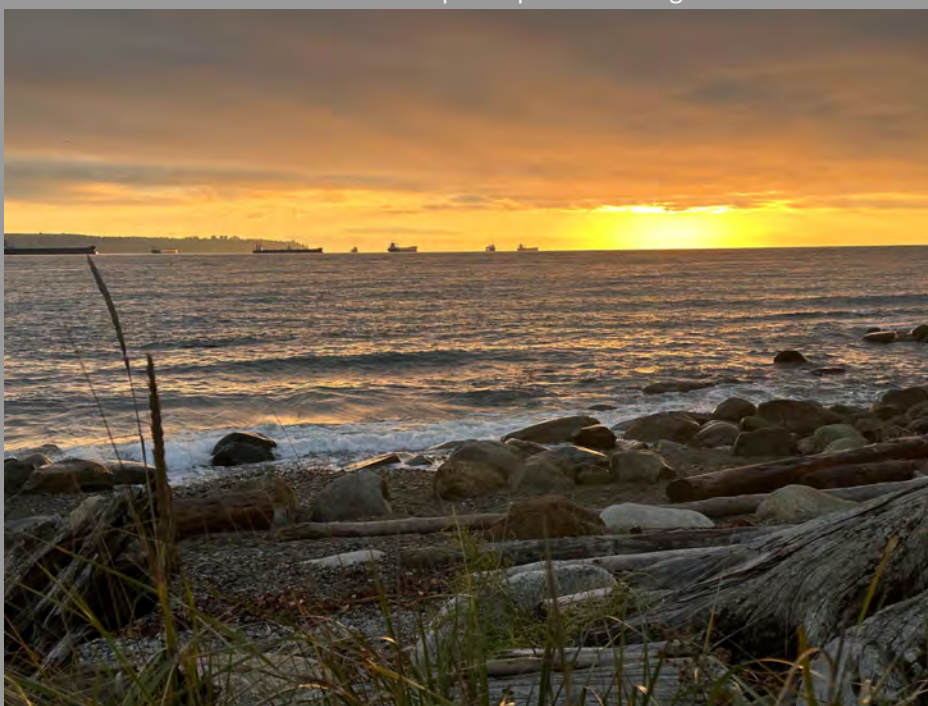




The Premier Program **First Aid Swim Training (FAST)** is run by our own Rockridge teacher Mr. Dickinson and is best known as a young lifeguard education program. In addition to developing strong first aid skills, the **FAST** program also focuses on providing students with a practical foundation in resistance and cardiovascular training, swimming, stroke-development and leadership. Last week **FAST** students participated in a Yoga session.



**This Week's Photo:** From Mr. Taguchi's Photography class, we are pleased to share this photo from Freja W. that captures some beautiful shoreline and sunlight.



The Rockridge Bantam Rugby team got together this past Saturday to watch the World Cup together in Players Hall. Big screen, Big action, Big fun together!

The Raven fall sports seasons are still *Rocking* but in their final days. Follow Rockridge Athletics on Instagram and Twitter for photos and updates. You will find the links to follow Rockridge Athletics in the E-Bulletin in the **Ravens Athletics** section or search for us under these handles: [Instagram @Rockridge.Athletics](#) / [Twitter @RockridgeAthlct](#)



Scholarships *are possible.*

[www.keytoscholarships.com](http://www.keytoscholarships.com)

Grade 11 and 12 students & parents, if you did not attend last night's scholarship event, please see the next post secondary education series option in the below.

**EDUCATION SERIES:**  
**POST SECONDARY  
OPTIONS**

with Heather Beach, Kyla Ashman and Lauren Matthews

**TUESDAY, NOVEMBER 7  
6:30-8:00PM**

Family Support Institute of BC Education Series - registration details in E-bulletin.



Rockridge PAC's

*A Not So  
Silent Night*

November 25, 7:00 pm  
\$75/person

Gleneagles Golf Course  
Clubhouse

cocktail attire    cash bar



purchase your  
tickets here

"A Not So Silent Night" PAC party & fundraiser - Sat. Nov 25, 7:00 – 11:30 pm  
at the Gleneagles Golf Clubhouse. See the E-Bulletin for a link to purchase your tickets!



Rockridge AP Bio students traveled to UBC with Kelly B. on Tuesday for a chance to see what happens in a real biochemistry lab. From testing their own DNA to asking questions of the PhD students who were running the program it was a great day.



It is hard to capture all the creative entries in the Rockridge Lego Wall Halloween Contest in one photo, but it is safe to say that this year's detail and creativity was outstanding. Congratulations to this year's winners as voted on by Rockridge staff and students. Lego Wall Contest Winners #13 Devon R., Emmett N. and Leland H. And runner up; Hudson B. #15





PLEASE JOIN US IN CELEBRATING OUR

# Personal Project Exhibition

A vibrant, colorful illustration centered on a dark blue background. It features a globe with a rainbow spectrum, an open book with green pages, a blue bird, a red bird, a yellow star, a purple flower, and a green plant. The globe is surrounded by white clouds and a yellow sunburst.

PRESENTED BY ROCKRIDGE GRADE 10 STUDENTS  
IN COMPLETION OF THEIR MYP CERTIFICATE

**COME EXPLORE THEIR LEARNING JOURNEYS,  
DISCOVERIES AND WHAT WAS CREATED IN THE PROCESS!**

**FEB. 8, 2024 - 6:00 - 7:30 PM**

Rockridge Secondary - 5350 Headland Dr., West Vancouver

Looking ahead to this special MYP (Middle Years Program) celebration of learning in the new year. Be sure to mark your calendars and plan to visit!