



# ROCKRIDGE

ESSE QUAM VIDERI



Jan 11, 2024

**ROCKRIDGE LINKS:**

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Follow Rockridge Secondary on X / Twitter](#)

[Follow Rockridge Secondary on Instagram](#)

[Morning Announcements](#): *Bookmark this link for daily new, updates and Rockridge Athletics schedules*

CALENDAR UPDATE	
January 2024	
Thurs, Jan 11 <b>TONIGHT</b>	<ul style="list-style-type: none"> <li>Gr. 7 into 8 Parent Night 7:00 – 8:30 pm - see details in Raven Life</li> <li>Bookings open for Parent-Teacher Conferences @ 6:00 pm</li> </ul>
Jan 15 - 19	<ul style="list-style-type: none"> <li>Rockridge visits our feeder elementary schools</li> </ul>
Mon, Jan 15	
Tues, Jan 16	
Wed, Jan 17	<ul style="list-style-type: none"> <li>Ski &amp; Snowboard Team Event - Training</li> <li>Rockridge PAC meeting 6:00pm - Rockridge Library</li> </ul>
Thurs, Jan 18	
Fri, Jan 19	<ul style="list-style-type: none"> <li>Indigenous Student Preview Day at SFU 9am - 3pm</li> </ul>
Jan 19 - 21	<ul style="list-style-type: none"> <li>Band Trip to Loon Lake</li> </ul>
Upcoming Events	
Jan 22- 26	<ul style="list-style-type: none"> <li>GLA 10 ASSESSMENTS</li> </ul>
<a href="#">FULL ROCKRIDGE WEBSITE CALENDAR</a> with <b>BLOCK ROTATIONS</b>	
<a href="#">2023-24 At A Glance Calendar</a>	
WV Youth Services click <a href="#">here</a>	

**A MESSAGE FROM THE PRINCIPAL**

Welcome back to The Rock everyone and happy 2024.

I begin today with a message of celebration among our Rockridge staff.

**A NOMINATION OF EXCELLENCE FOR MATT TRASK**

On Tuesday afternoon a surprise announcement was made to Mr. Matt Trask that he has been nominated for the prestigious Prime Minister's Award for Teaching Excellence. On hand were past and present STEM students, Matt's wife Rachel and his two daughters, and some colleagues who helped to make this nomination possible. Mr. Trask is a well-respected educator throughout the Rockridge school community and beyond. He is a natural leader and teacher among colleagues and students alike. I wish to also thank the core nomination committee who managed to keep this a secret from Mr. Trask until Tuesday and for their work to collect, edit, write and complete the application process to celebrate Mr. Trask's career to date – Well done and thank you Mr. Lawson, Mr. Wellsby. and Ms. Brady. This is a wonderful honour for Mr. Trask and also a great recognition for our Rockridge team.

Beyond this exciting news there has been a positive feeling across the school this week among all students. There is a real joy seen and felt as students reconnect with friends and get back to routines, clubs and teams after two weeks of winter break. Raven basketball, wrestling and the ski team have been in action this week both at home and on the road. Just click on the morning announcements link under **ROCKRIDGE LINKS** at top of the E-Bulletin for updated game schedules.

The first week back can also be a lot for students and families to manage with earlier wake up times and calendars to follow once again. Please encourage your child to speak with their teachers if they have questions about getting back underway with their courses in this first month of 2024. Not to pile on work for our parents/guardians, but please be sure to review the Parent Teacher Conference information below and I hope you will consider attending our January PAC meeting next Wednesday.

*Be sure to check out this week's attached **Raven Life** PDF for photos and posters of recent and upcoming events for 2024 at the Rock.*

#### **WEATHER CLOSURES AND PROCEDURES**

West Vancouver Schools endeavours to keep schools open on regular instructional days, including those with accumulating snowfall ([Weather Closures and Procedures](#)). Any decision to close schools will be made by the Superintendent and will be based on the safety of students and staff. We aim to communicate any decision to close schools by 6:00 am via the district and school websites as well as through social media and local news.

#### **PARENT TEACHER VIRTUAL CONFERENCES – Wednesday, January 24 FROM 12:30 - 4:00pm**

#### **VIRTUAL PARENT-TEACHER INTERVIEWS**

We are once again using an online Parent-Teacher Interview scheduling program (<http://rss.schoolappointments.com>). Access to the system opens at 6:00 pm on Thursday,

January 11 and will close at 10:00pm on Monday, January 22. You will be able to create an account, enter your children and then schedule interview times for you to meet with their teachers virtually. Please review [these instructions](#) to set up your account and book appointments

Appointment scheduling will run in five-minute intervals. It is advisable to schedule your appointments with one five-minute block in between, to allow yourself time and not be rushed. **There is a maximum of three appointments per student up until January 18**, then you will be able to book additional spots pending availability. Due to a limited number of timeslots, please prioritize your teacher selections accordingly. There is not an option for call backs this year.

The system is very easy to use, and it should take only a few minutes to set up your account, add your children and schedule your appointments. To get started, click on the "REGISTER" tab. See the attachment for detailed instructions. On the day of the appointments - please review [these instructions](#) for how to access the meetings through google meet.

Early Dismissal	Times
Period 1	8:30 - 9:25 am
Break	9:25 - 9:30 am
Period 2	9:30 - 10:25 am
Break	10:25 -10:35 am
Period 3	10:35 - 11:30 am
School Bus Departs	11:30 am
Lunch	11:30 - 12:30 am
PT Interviews Start	12:30 - 4 pm

### **THIS WEEK'S MYP MOMENT**

Happy New Year, everyone! We hope you had a wonderful, restful Winter Break and are looking forward to all that 2024 has to offer—we know that we certainly are!

Just as students will be taking the week to adjust back to their school routines, teachers will be using tomorrow's MYP Collab to reconnect with colleagues and to review plans for upcoming lessons, activities and units. Specifically, we will be continuing to work on our scope and sequence documents, and the alignment of the BC Curriculum with MYP

standards and practices. Both the BC Curriculum and the MYP promote "a concept-based approach to learning [...] to foster deeper, more transferable learning". These Thursday-morning sessions have been invaluable in allowing teachers to prepare relevant and engaging learning experiences for students, and we are grateful to be given regular collaboration time to do this as a staff.

**INCOMING GRADE 8 2024 OPEN HOUSE TONIGHT** - January 11th, 2024 @ 7 pm - see details in Raven Life. Please encourage families you know to join us for our Information Night for incoming grade 8 students and families.

**TOUR OF THE ROCK DAY** - The next tour will be in the new year, Tuesday, Feb 20th. Do you know a family that may be interested in registering at Rockridge in the future? Please pass along this information to them so they can join us at our next school tour. **Inquiries and RSVP:** [rockridge@wvschools.ca](mailto:rockridge@wvschools.ca)

#### **RAVEN ATHLETICS: #GoRavens**

Follow us on [Instagram @Rockridge.Athletics](#) Follow us on [X/Twitter @RockridgeAthlctc](#) Check out our daily announcements for schedules for all our Raven teams & see the gym schedule [here](#). Thank you for coming out to cheer on our athletes throughout the Fall Season!

If you are looking to keep up with our Winter Raven Athletics Events, just scroll through our [Morning Announcements](#). The second page of the announcements is dedicated to Raven Athletics teams, schedules, upcoming events and results.

**Rockridge Master Athletics Calendar:** For games, times and locations just follow this [link](#)

#### **BASKETBALL NEWS - Seniors' Night Wednesday January 17th @ 5:30**

The Sr. Boys Basketball team has been practicing every day, preparing for the 2nd half of our season. We started 2024 with a trip to Mulgrave on Jan 5. Our Raven's played a good game with strong performances from Will M (27 points) and Adrian B (22 points), but ultimately came up a few plays short with Mulgrave taking the contest. We had a rough night against top ranked West Vancouver earlier this week, but our hard hat recipient (game MVP) Gareth P had a few highlight moments with a couple of timely three pointers along with a couple of steals and assists. We play our final 6 "AAA" league games in the next four weeks highlighted by our Sr. Girls and Sr. Boys Senior Night game on Wednesday January 17. Please join us to recognize and celebrate our seniors. Ceremonies will take place between the Sr. Girls and Sr. Boys game.

#### **Basketball - Senior Boys**

- Thursday Jan 11 @ **HOME** vs Sentinel | 7:30 PM
- Monday, Jan 15 @ **HOME** vs St. George's | 5:00 PM
- Senior Night - Wednesday January 17th | 7:30 PM

### **Basketball - Senior Girls**

- Senior girls beat Bodwell 60-17 on Tuesday, and are currently tied for first in the League
- Last league game tonight, Thursday Jan 11 @ **HOME** vs STA | 6:00 PM
- Senior night - Wednesday January 17th | 5:00 PM

### **Rugby - Junior & Senior Boys**

- There will be an information meeting coming up shortly, stay posted for details.

### **Ice Hockey - all grades, all genders **\*\*if you play goal, you made the team\*\*****

- There will be an information meeting coming up shortly, stay posted for details.

### **Wrestling - Junior & Senior Boys**

- Saturday Jan 13 | Duke's Cup @ The Drill Hall (620 Beatty St) 9:00 AM to 4:30 PM
- Friday Jan 19 | NSSSAA Championships @ Sentinel 2:00 PM to 8:00 PM (***Excused Block 1-4***)

### **Ski & Snowboard Race Team.**

- Next training day: Wednesday January 17th. Be at the school for 6:35am (***Excused All Day***)

### **Basketball - Bantam Boys**

- Monday Jan 15 @ Home | 4:00 PM

### **Basketball - Juvenile Boys**

- Wednesday Jan 10 @ Handsworth | 5:30 PM - **A great win for Rockridge 47 vs Handsworth 35!**

### **Basketball - Junior Boys**

- Tuesday Jan 9 @ **HOME** vs Sentinel | 5:30 PM - **Big 3 point 'Comeback win' in the last minutes!**

### **Basketball - Bantam Girls**

- Tuesday Jan 16 @ HOME vs Mulgrave | 4 PM
- Friday Jan 19 @ WVSS tournament | 4 PM
- Saturday Jan 20 @ WVSS tournament all day

## **INTRAMURALS**

Register now for Lunch Time soccer.

Make a team, give it to Mr. Armstrong. Only 2 Rockridge Varsity players per team.

**\* Scorekeepers Needed. See Mr. Armstrong for details.\***

## ROCKRIDGE SCHOOL NEWS

**GRADE 8 SKI TRIP TO WHISTLER is now open for registration-Limited to 43 students so sign up early.**

All forms and information can be found on the ski trip Google classroom - pa6vn3s.

- It is a one-day trip on February 14, 2024 leaving Rockridge at 6:45am and returning at 5:15pm. Students will be with Whistler ski or snowboard instructors all day in the Whistler ski school program. There are 6 levels available for students that have never skied or snowboarded before, up to expert riders. It is also an excellent opportunity for skiers to try snowboarding for the first time or vice versa as rentals are included in the cost.
- The trip includes a charter bus ride to and from Whistler, lift ticket, whistler ski instruction all day, equipment rentals, and lunch for \$152. (The mountain is not providing alternate prices if you have a pass or rentals this year.) Any questions, please email [jcameron@wvschools.ca](mailto:jcameron@wvschools.ca)

**FAST (FIRST AID SWIM TRAINING) -Applications for the 2024-2025 school year are NOW OPEN**

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 INFORMATION SESSION
- Date: Tuesday January 30th, 2024
- Time: 5:30 pm
- Location: Room W211 - Rockridge Secondary School

**The 2024-2025 Premier Academies and West Vancouver District Programs are open for registration!** Please visit <https://westvancouver.schools.ca/programs/> for further information.

Premier Academies	Premier Programs
Badminton	Carpentry
Baseball	Cybersecurity and AI
Basketball	Fashion Industry
Fencing	FAST

Field Hockey	Honour Choir
Robotics	Outdoor Recreation
Rugby	200 Hour Yoga
Soccer	YELL Entrepreneurship 12
Tennis	
Volleyball	

## ROCKRIDGE PAC NEWS

### **PAC General Meeting & Launch of Outdoor Basketball Court Improvement Fundraiser Wed Jan 17<sup>th</sup>, 6:00 pm in the Learning Commons**

#### **Meeting Agenda**

Next week's PAC General Meeting will feature an interactive discussion facilitated by Ian Kennedy, WVS Director of Instruction on the benefits of exercise on learning at school, enhancing sense of belonging, long term health and mental health benefits and how to support our kids in getting enough exercise. We will also hear from some Rockridge students on why they feel improving the outdoor basketball court is important.

PAC will be launching a fundraiser and grant application program at the meeting. The outdoor basketball court is a very popular area for students to gather and play ball. The current court condition has naturally deteriorated over the years and the PAC is working with the school to raise funds to improve the court. The project plan would include resurfacing the court, painting the school athletics logo at centre court and the addition of new backboards and breakaway rims.

#### **Upcoming Parent Events Organized by the ROPAC P2P Committee**

- Coffee Meetup - Friday, Jan 12th @ 9:00 - 10:30 at The Bakehouse in Dundarave
- Pub Night Social - Wed, Jan 31st @ 7:00pm at The Orchard Gleneagles

**Follow Rockridge PAC on [Facebook](#) and [Instagram](#)! Join the Rockridge [P2P](#)!**

## ACTION ITEMS FOR ROCKRIDGE PARENTS/GUARDIANS

### **STUDENT VERIFICATION & EMERGENCY RELEASE AND ONLINE POLICIES & PROCEDURES FORMS**

These are now long past due, and a significant number of parents/guardians have not yet completed them. We will be reaching out directly to these families.

### **CHANGE OF ADDRESS?**

If there are any changes to address, legal custody, or citizenship status, please upload documentation to support the changes using [this link](#). The changes will not be reflected until the documentation is submitted.

### **COUNSELLORS' CORNER**

**Cybersafe from Exploitation - Jan 23, 2024 @ 7 PM - Kay Meek Arts Centre** - see flyer in Raven Life

### **New Federal Mental Health/Suicide Crisis helpline: 9-8-8 Call or Text**

You deserve to be heard. A safe space to talk, 24 hours a day, every day of the year. <https://988.ca/>

### **Family Smart Monthly Online Events for Parents and Caregivers January 2024**

#### **Supporting Safety at Home when your child has a Mental Health Crisis - January 17th @ 6:30 pm - 8:00 pm PST**

Join Family Smart in watching a video with Lu Ripley, Director of Community Learning and Engagement at the BC Crisis Centre and Tammy Music, FamilySmart Parent Peer Support Worker at Surrey Memorial Hospital's Child & Adolescent Psychiatric Stabilization Unit as they discuss how to talk to your kids about safety. Safety concerns can include suicidal thoughts, self-harming behaviours, increased reactivity or aggression and any situation where you or your child is concerned about staying safe at home.

Come together with other families to watch this 35-minute video presentation and stay for a facilitated discussion by a FamilySmart Parent Peer Support Worker.

### **FEEDING FUTURES INITIATIVE**

As part of the Ministry of Education and Childcare [Feeding Futures initiative](#), the West Vancouver School District has established a food security structure to confidentially assist students and families. The West Vancouver School District Food Security Plan will help students and families by providing confidential financial support for families facing food insecurity. Families are encouraged to reach out directly to their school principal - Trevor Kolkea [tkolkea@wvschools.ca](mailto:tkolkea@wvschools.ca) if they need support with food-related costs. Please be assured that all requests will be addressed with sensitivity, respect and confidentiality.

### **ROCKRIDGE COMMUNITY NEWS**



### **Neurodiversity and Dance Classes at the Vanleena Dance Academy**

My name is Miss Tammy and I teach neuro-affirmative dance classes on Tuesdays from 7:00-7:45 pm at the Vanleena Dance Academy, 1457 Marine Drive, our West Vancouver location. All interested families are invited to contact me directly at [dance@vanleena.com](mailto:dance@vanleena.com) to learn more about the program (we also offer a free trial class!).

### **West Vancouver Rec Centre Happenings:**

**Browse your recreation activities and programs here:**

<https://westvancouver.ca/parks-recreation/recreation-programs-services/recreation-activities>

**Are you new in West Vancouver? Come, discover and join us:**

<https://westvancouver.ca/newcomers>

## **FAQ & HELPFUL INFORMATION**

### **MYED BC Parent Portal**

If you need assistance logging onto the parent portal, please access the [MyEd Parent Portal](#) for instructions on registering your MyEdBC account. Each parent or guardian has their own separate account. If you are having difficulty accessing your account, please see the online video aid [here](#). If you have further questions, please email [Rockridge@wvschools.ca](mailto:Rockridge@wvschools.ca)

### **ATTENDANCE - Notifying the Office and Extended Absences**

If you know your student will not be in attendance for all, or part of a school day, we ask that you please let our office know in advance - [rockridge@wvschools.ca](mailto:rockridge@wvschools.ca) Please include your child's first and last name in your email.

Daily attendance is critical to ensure student success here at Rockridge. **We do not recommend** absences during the school term but realize they may be unavoidable. Please keep in mind that certain classroom activities and assessments may not be able to be made up if missed.

Please notify the school a minimum of one week in advance using this [form](#) for an extended absence. Teachers are not required to provide extra classes, make-up tests or specific work to be completed.

### **SCHOOL FEES - SCHOOL CASH ONLINE:**

Thank you to families who have paid this year's school fees for your student(s). As a reminder, the 2023/2024 School Course Fees are available for payment on School Cash Online now. All school fees and field trips are added to this site and can be paid easily [online](#). If you have not signed in before, you will need your child's Student Pupil number which can be found on MyEd or on a previous report card. You can find Registration Instructions [here](#).

Please contact Rockridge Accounting [rockridgeaccounting@wvschools.ca](mailto:rockridgeaccounting@wvschools.ca) in the main office if you have any questions or assistance with logging in.

### **HOST FAMILIES NEEDED for International Students – 2024 Host Family Fee Increase**

[Apply now](#) and welcome a student:

- Hosting fees of \$1,100 per student per month. Many families will host two students which can provide up to \$22,000 per year income subsidy.
- Effective February 1, 2024 the fees increase to \$1,400 per student per month!

Don't miss out, placing students starts now. See excerpt below from a new student joining our program this fall. Open your home for this amazing opportunity for all family members.

*"I genuinely believe that Canada is the place where I belong. It has everything I'm looking for: contact with nature, beautiful landscapes, friendly people, security, and excellent public schools. But the main reason why I chose Canada is the people; I will be welcome and feel at home"*

- Contact the Homestay Coordinators for more information at [homestay@wvschools.ca](mailto:homestay@wvschools.ca) or visit our [web pages](#)

### **STUDENT Bus Transportation**

Each student must register (by completing the online registration request form:

<https://westvancouver.schools.ca/transportation-form/> to reserve a seat on the bus.

Please be sure to submit the online registration form via the link above, and that you have received confirmation from Transportation SD45.