



Backstory

A Rockridge Theatre Lab
Original Production

Admit One



MARCH 7,8,9
7:00 PM — 8:30 PM
Doors Open - 6:30 PM
KAY MEEK STUDIO THEATRE
PG 13 Content

Tickets \$15



SCAN ME

See the E-Bulletin for more information about our production!
To purchase tickets, click [here](#)



The Ravens Juvenile Boys Basketball team made it to the NSSAA Consolation Final where they fell to WVSS in a close match on Monday night.



Follow Rockridge Athletics on Instagram and Twitter for photos and updates. You will find the links to follow Rockridge Athletics in the E-Bulletin or search for us under these handles:

Instagram @Rockridge.Athletics

X / Twitter @RockridgeAthlctc



One of the special Valentines Day club events sponsored by our Rockridge Student's Council was the opportunity for students to send a singing-gram. The songs were delivered by senior athletes. Pictured above, members of the Ravens senior boys basketball team.



Congratulations to our Grade 10 students on a fantastic achievement showcasing their Personal Projects.



FEBRUARY PAC GENERAL MEETING

WED, FEB 21ST

8:30 - 10:00AM

PLAYERS HALL



**Join us for an informal coffee
meet & greet with Principal Kolkea and
guest speaker: WV School Board
Trustee Lynne Block**

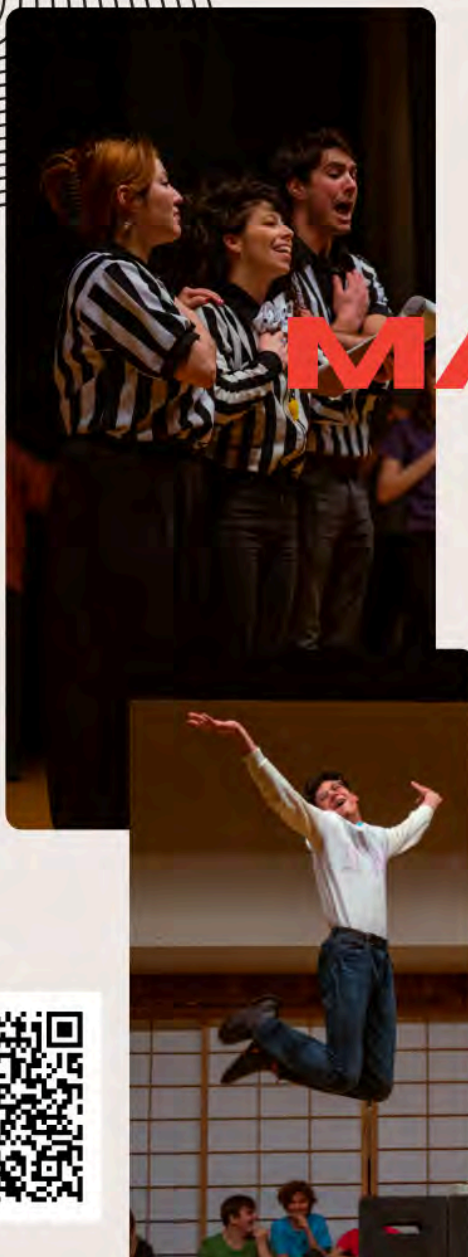




Course selection information presentations have now been completed for Rockridge families and students. Now is the time to review and discuss course selection with your student so they are ready to complete their course selection before Spring Break.



www.improv.ca



LOWER MAINLAND IMPROV GAMES

**The Waterfront
Theatre**

1412 Cartwright Street,
Vancouver

February 22-24

From 7pm-10pm

Tickets

Available at door or at
improv.ca/eventdates



Rockridge Senior Improv will be competing in the Semi Finals on Thurs, Feb 22 - see Ebulletin to purchase tickets



SUBSTANCE USE PREVENTION

An Online Presentation for Parents



KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

REGISTER



openp.co/Feb20

Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.



Sentinel PAC

Westcoast Family Centres



VIRTUAL PARENT WORKSHOPS

Parenting Teens

Tuesdays
7PM

BROUGHT TO YOU BY SENTINEL PAC

FREE

January 23

Communicating with Teens

Navigating challenging conversations
Building and maintaining trust
Conflict Resolution

February 27

Teens and Technology

Positive use of devices
Teens and social media
Screen addiction

April 23

Teens and Anxiety

Common causes of anxiety for teens
Strategies to help your teen to reduce and manage anxiety

May 28

Developing Resilience in Teens

Dealing with challenges and setbacks
Developing grit and tenacity
Developing optimistic mindset



The virtual parent workshops are facilitated by WFC's Parent Educator Kristy Ambrose. Presentations will be 1.5 hours with time for participants to ask questions throughout the presentation as well as at the end.

TEAMS link will be provided closer to the event dates

Rockridge parents are invited to participate, click here: [virtual workshops](#) by Sentinel PAC.



JOIN US FOR PARENTS AS EDUCATION AND CAREER COACHES MARCH 13TH

Parents and Student Supporters:

Please join Education Planner BC and WVS for a virtual evening of "Parents as Education and Career Coaches". This information will be especially helpful for families with students in Grades 10-12

Topics Include:

- BC's post secondary institutions and credentials
- Program & admission requirements and key dates
- Cost of post secondary and options financial aid
- Navigating resources

More information:

Wednesday, March 13th 630 - 8 pm
Hosted on Teams

contact WVS post secondary advisor
Leesa Alldred lalldred@wvschools.ca

CLICK HERE TO REGISTER



WEST
VANCOUVER
SCHOOLS

WE LOOK FORWARD TO SEEING YOU!





Volunteer with North Shore Highlands Challenger Baseball!

The Highlands Little League Challenger Baseball Division is seeking volunteers ≥ 13 years of age to help fill the role of “Buddy” for our upcoming 2024 season. This is a fantastic opportunity for anyone seeking a fun, rewarding experience working with youth and adults with disabilities, in an outdoor sports setting!

What is Challenger Baseball?

Challenger Baseball is a national organization that helps local leagues provide individuals with cognitive and physical disabilities (both youths and adults) the chance to be on a team, in a uniform, having fun engaging in a sporting activity with those of similar ability.

Each year, Highlands Challenger Baseball assists between 70-80 North and West Vancouver residents who can't participate in regular baseball leagues due to varying types of disabilities. We provide participants with more than an opportunity to play - we also provide a much-needed break from therapies and appointments that typically fill up much of the weekly schedule for both players and parents.

What does a Buddy do?

Each Highlands Challenger player is partnered with a “Buddy” - a volunteer who acts as a partner, guide, protector and friend during game days. Buddies are responsible for keeping their player safe on the field, assisting their player with batting, running bases, and catching, and being supportive and uplifting to both their player and all the players at the field.

Challenger players look forward to the fun and friendship that comes with seeing their Buddy each week, and Buddies can look forward to not only a great time on the field, but also to gaining a greater appreciation of diversity and enhanced capacity for inclusion.

How can you get involved?

The 2024 Challenger season will run from Sat Apr 13/24 to Sat Jun 29/24 inclusive, with games played each Saturday from 10:00 to 11:15-11:30am (11 games total for the season).

An all-day Jamboree event for all BC Challenger teams will also be scheduled in June for those able to attend, with details and location to be announced.

Want to get involved and join the Highlands Challenger Family? Please contact Highlands Buddy Coordinator Sophie Mariano at challengerbuddies@gmail.com for more information.

We can't wait to see you on the field!