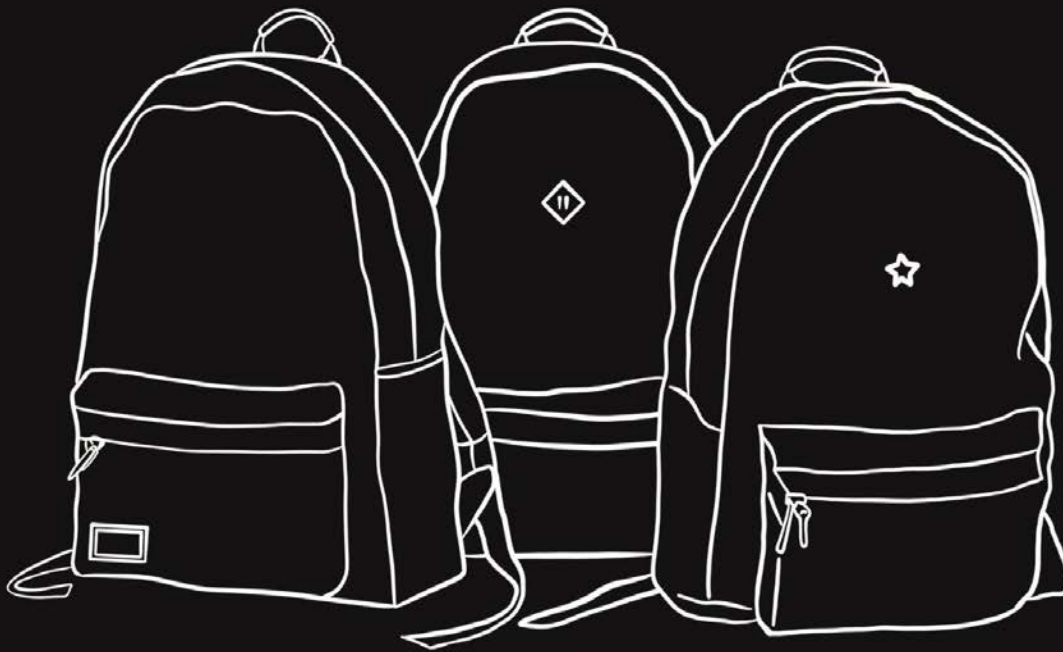




# Backstory

A Rockridge Theatre Lab  
Original Production

Admit One



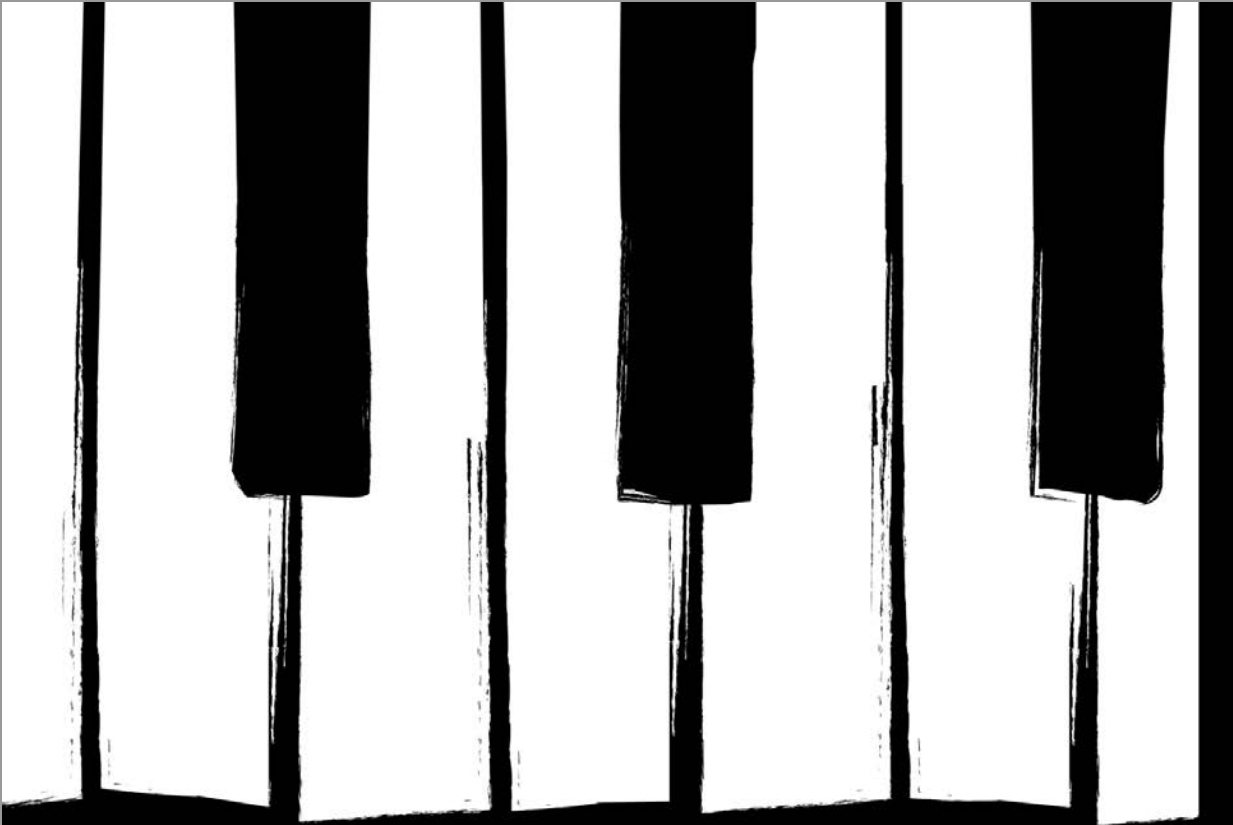
**MARCH 7,8,9**  
**7:00 PM — 8:30 PM**  
**Doors Open - 6:30 PM**  
**KAY MEEK STUDIO THEATRE**  
**PG 13 Content**

**Tickets \$15**



**SCAN ME**

See the E-Bulletin for more information about our production and link to purchase tickets!



ROCKRIDGE MUSIC PRESENTS

# JAZZ, CAFÉ

TUESDAY, MARCH 12

6:30 pm

Doors open at 6:00 pm

\$15

Tickets



*featuring*  
**ROCKRIDGE  
JAZZ ENSEMBLES**

**TERESA MARIE  
&  
THE THREE**



See the E-Bulletin for more information and link to purchase tickets!



[www.improv.ca](http://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](http://improv.ca/eventdates)

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



# International Lunch

**March 13, Wednesday**

TICKET SALES: **MARCH 6 - 12**  
in front of The **Office**



**Contribute food to our event!**

SIGN UP to receive **5 FREE TICKETS + 4 SERVICE HOURS** per dish!

**Looking for volunteers!**

SIGN UP here to **SET UP, SERVE** or **CLEAN UP** at the International lunch



**[Sponsored by the KANATA CLUB]**

See the E-Bulletin for more information and link to purchase tickets!



# GAMEDAY

Getting on the road to provincials! Good luck Senior Boys in a must win game today to keep their provincials dream alive.



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 @RockridgeAthltc**



# 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 20<sup>th</sup>, 22<sup>nd</sup> or 28<sup>th</sup>

6pm-7:30 pm PST

*Note. The same presentation will be delivered on each date*

REGISTER



[openp.co/Feb20](https://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.

*We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care.*

To register - see links in the Ebulletin



## PLEASE JOIN US FOR AN EVENING WITH DIANA DIVECHA, PH.D

Children's relationships with their peers are crucial anchors of their wellbeing in every phase of development. What does the science show about how families and schools can foster supportive relationships at different ages? What's normal, and when should we help? How can we prevent or help kids recover from harmful relationship experiences?

We will hear from an expert who can offer practical advice and explain the science behind how families and schools can foster supportive relationships at different ages.

## WE ARE ALL CONNECTED: HOW FAMILIES CAN SUPPORT CHILDREN'S K - 12 PEER RELATIONSHIPS



Dr. Diana Divecha,  
Developmental  
psychologist, Yale  
Child Study Centre

This  
event is  
free

IN ORDER TO RECEIVE YOUR LINK TO THE  
EVENT PLEASE REGISTER AT  
[DPAC@WVSCHOOLS.CA](mailto:DPAC@WVSCHOOLS.CA)

MARCH 7TH  
7PM-8:30PM  
VIRTUAL

We are collecting questions from attendees in advance instead of a live audience Q&A. Do you have questions for our speaker? Please fill email them to:  
[dpac@wvschools.ca](mailto:dpac@wvschools.ca)



To register, email: [DPAC@wvschools.ca](mailto:DPAC@wvschools.ca)



## 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](mailto:lalldred@wvschools.ca)

## CLICK HERE TO REGISTER



WEST  
VANCOUVER  
SCHOOLS

WE LOOK FORWARD TO SEEING YOU!

