



ROCKRIDGE

ESSE QUAM VIDERI



Feb 15, 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	
February 2024	
Fri, Feb 16	• Reading Break - School Closed
Mon, Feb 19	• Family Day Holiday - School Closed
Tues, Feb 20	• Tour of The Rock 12-1 pm
Wed, Feb 21	• PAC Coffee Morning Meeting 8:30 – 9:30 am
Thurs, Feb 22	• Indigenous Student Experience @ UBC 9:00 am – 2:00 pm
Fri, Feb 23	• Indigenous Student Preview Day @ SFU 9:00am – 3:00pm
Sat, Feb 24	• Drumline Camp
Upcoming Events	
Feb 28	University of Waterloo Math (Pascal, Cayley, and Fermat Contests) 8:30 – 9: 30 am LLC
Feb 29	• Grad Semi Formal - Pinnacle Hotel, NV 6:30 pm
March 7, 8 & 9	Rockridge Theatre Lab presents <i>Backstory</i> at Kay Meek - see details below
FULL ROCKRIDGE WEBSITE CALENDAR with BLOCK ROTATIONS	
2023-24 At A Glance Calendar	
WV Youth Services click here	

A MESSAGE FROM THE PRINCIPAL

This week we celebrated support staff across West Vancouver Schools on Tuesday. Rockridge support staff includes 31 adults from our office team, custodians and educational assistants. In the daily operation of our busy secondary school, our support staff are integral with things from helping students and teachers in the classroom to ensuring our school is set up and ready for learning each day. We hope you will be able to join our PAC meeting on Wednesday. It is a different format than usual and will be a great way to visit and connect with other Raven parents.

*Be sure to check out this week’s attached **Raven Life** PDF for photos and posters of recent and upcoming events at the Rock. There are a number of special events advertised this week we hope you will consider attending.*

2024-25 COURSE PLANNING - A good topic of conversation for families over the long weekend:

Over 200 parents and students joined our virtual Parent Course Planning Information Sessions hosted by Rockridge Administration and Counsellors last week. Hyperlinks to the presentations are below. This week, on Monday and Tuesday, students joined Admin/Counsellor led presentations in Players Hall.

- [Grade 8 & 9 Course Planning Presentation](#)
- [Grade 10 & 11 + AP/STEM/ESP Presentation](#)
- [Rockridge Website Course Planning Page](#)

THIS WEEK'S MYP MOMENT - see photo in Raven Life

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

TOUR OF THE ROCK DAY - The next tour will be Tuesday, Feb 20th from 12:00 to 1:00pm. 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

ROCKRIDGE SCHOOL NEWS

ROCKRIDGE SENIOR IMPROV will be competing in the Semi Finals on Thurs, Feb 22 - see flyer in Raven Life

Doors open at 6:30, show at 7pm. The tournament will be taking place at **The Waterfront Theatre** on Granville Island - **1412 Cartwright Street**. Purchase **Tournament Tickets** [Here](#)
Thanks for your support and we hope to see you there!

FAIRY LIGHTS NEEDED for grade 12 Semi formal!

The 2024 grad committee is looking to borrow fairy lights for their upcoming semi-formal dance on Feb 29th. Please bring lights to school by Feb 27th. The committee will label all lights with the owner's name and phone number, and then return them in the days following the event. If you are interested in letting us borrow them for the dance please let us know by emailing: juliaj400@edu.sd45.bc.ca

PUSH-UP CHALLENGE - Join us in Support of Mental Health in our Community

Rockridge is participating in a push-up challenge for participants to do 2000 push ups between Feb 1-23 and raise money for the North and West Vancouver branch of the Canadian Mental Health Association. Download the app and add yourself to the Rockridge team. Or to donate, click [here](#)
#pushforbetter

YOU ARE INVITED! Rockridge Theatre Lab Presents: BACKSTORY, MARCH 7, 8, & 9th 7pm (doors open 6:30 pm) Kay Meek Theatre

10 years ago the drama department at Rockridge Secondary created a show called Backstory. Even after it closed, my former colleague (Avril Foster) and I continued to be intrigued by the central inquiry question: How are we more than just what people see? What are the stories we carry with us and how does that impact us? Inspired by the title, question and concept of the original BACKSTORY, Avril and I wrote a new play that is an honest look at the stories and situations that matter for students, teachers, and parents in 2024. We are thrilled to have Lindsay Corbett acting as producer, technical support and #1 cheerleader. We have a small but fabulous cast of students from Grades 8-12 who have worked with us for six months on this project, and we are all excited to share BACKSTORY with you!

Rockridge Theatre Lab's BACKSTORY will make you laugh, cry, and hopefully, it will make you think! Scan the QR code on the poster to purchase tickets. We look forward to seeing you at the Kay Meek Theatre March 7-9th. Check out the poster in the Raven Life for more details. Tickets are available on [SchoolCashOnline](#). *Thanks so much for your support!*

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

ILLUMINATE CHORAL ENSEMBLES (formerly the District Honour Choir Program) are open for auditions!

The Illuminate Ensembles are offered to students in Grades 8-12 across the West Vancouver School District who show an aptitude for and interest in choral singing. The choir courses will be held weekly on Tuesday nights at West Vancouver Secondary School. The Illuminate Treble Ensemble meets from 3:30–5:00 pm, the Illuminate Mixed Ensemble meets from 5:15-6:45 pm, and the Lighthouse Ensemble (an invitational touring ensemble) meets from 7:00-9:00 pm. Designed as courses to challenge and extend the learning of the district's finest choral singers, students must meet the prerequisites for the course before applying. Prerequisites can be found on the WV Schools website [here](#)

WV Schools Outdoor Recreation Program - Creating Environmental Stewards

If you enjoy camping, kayaking, sailing, skiing and playing outside, the Outdoor Recreation Program is an exciting way for you to earn your PHE 9-12 credit! For more information, please visit:

[Outdoor Recreation Program](#) or contact dlambie@wvschools.ca or bhammett@wvschools.ca

Cybersecurity and Artificial Intelligence

Computer Information Systems 12 - Cybersecurity and Artificial Intelligence, one of the West Vancouver Schools Premier Programs, is a hands-on project based course offered to students in Grades 11 and 12 who are attending Rockridge, Sentinel or West Van Secondary. Students learn the theory and apply it to practical projects in the fields of Cybersecurity and Artificial Intelligence. Students have an opportunity to prepare for external certifications in Cybersecurity, Networking, Internet of Things, Programming, CompTIA, and Data Science and participate in international competitions such as [CyberPatriot](#), [Desmos Math Art Contest](#), and others. The course aims at helping students prepare material they can use for university applications.

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! Please contact Highlands Buddy Coordinator Sophie Mariano at challengerbuddies@gmail.com for more information - see details in Raven Life

ROCKRIDGE PAC NEWS

Next Week - PAC Meeting - Wed, Feb 21st, 8:30 - 10:00 am Location: Players Hall

This month's [PAC General Meeting is an informal coffee morning meeting](#) with Principal Kolkea and guest speaker: WV School Board Trustee Lynne Block. [Meeting agenda](#) is on the PAC website.

P2P Update

What a wonderful way to start our day this morning with coffee and other Rockridge parents. If you're not already in the [Rockridge P2P](#) WhatsApp Group, join us! There's lots of conversation from the parent community and information on upcoming parent socials.

Virtual Parent Education Nights "Teens & Technology" - Tue, Feb 27, 7:00 pm see poster in Raven Life

This workshop is designed to help parents better understand how their teens use devices and give parents tips and tools that they can use to minimize negative experiences for their teens and maximize positive opportunities that technology can offer. Social media overuse and screen addiction will be discussed. Facilitated by Westcoast Family Centre's Parent Educator, Kristy Ambrose. Rockridge parents are invited to participate in [this and upcoming virtual workshops](#) by Sentinel PAC. Pre-registration is not required. To join this event, please click the link below:

- Microsoft Teams Meeting: [Click here to join the meeting](#)
- Meeting ID: 263 947 068 976
- Passcode: oJTrDj

EducationPlannerBC and SD 45 West Vancouver invite parents, families, and student supporters to join our virtual workshop: **Parents as Education and Career Coaches (PECC)** on **Wednesday March 13, 2024**, from **6:30pm to 8pm**.

Learn how you can support your student in planning for their future. The information will be especially helpful for families with students in Grades 10-12.

The session is engaging and informative, and includes a website tour followed by a Q&A.

Topics include:

- B.C.'s post-secondary education landscape, including institutions and credentials
- Program and admission requirements, and application dates
- Costs of post-secondary and options for financial aid
- Career exploration resources, including **Find Your Path**
- Using new tools such as **My List** to save and compare programs
- Applying for admission through EducationPlannerBC.ca

Hosted on MS Teams webinar. Registration is required.

Register using [the link here](#).

For more information: support@educationplannerbc.ca

Contact: LAlldred@wvschools.ca

Outdoor Classroom Project

The District of West Vancouver has approved the building permit for the Outdoor Classroom. An update on the project will be presented during the [upcoming PAC meeting next week](#).

Follow ROPAC on [Facebook](#) and [Instagram](#)!

RAVEN ATHLETICS: #GoRavens

Follow us on [Instagram @Rockridge.Athletics](#) Follow us on [X /Twitter @RockridgeAthlct](#)

Thank you for coming out to cheer on our athletes throughout the Fall Season!

If you are looking to keep up with our 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. Watch for Spring Sports starting soon.

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

TEAM NEWS

Basketball - Senior Boys

- Senior boys are in the NSSSAA 3A final tonight at 7:45 at Windsor vs Windsor and have earned a berth in next week's Vancouver Sea to Sky Tournament as they look to qualify for the Provincial Championships.

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

- Meeting next Friday February 23 at lunch in C208. If you want to play this year, you will need to attend.
- Google Classroom Code **tsbwtnm**
- All grades and genders are welcome to tryout
- Sign up with your details in the signup document - Information meeting at the end of month
- Review the North Shore High School Hockey League and see if this matches with what you are looking for. This is a coed non-hitting league. The start and end dates and game times will be very similar.

Wrestling - Junior & Senior Boys

The decade long drought has been broken! We're headed back to the Provincial Championships! Congratulations to the following wrestlers for qualifying for the Provincial Championships

- 1st - Roham Z - 110+ kg
- 2nd - Giovanni N - 74 kg
- 5th - Harry T - 60 kg

Ultimate

- Join the Google Classroom (Code - w7u2oby)

Rugby - Junior Boys

- Formal practices begin Monday Feb 12, new members always welcome.
- Join the Junior Boys Google Classroom (Code - oi5q2um)

Rugby - Senior Boys

- Formal practices begin Monday Feb 12, new members always welcome.
- Join the Senior Boys Google Classroom (Code - s5wj7lr)

Tennis

- Those interested in the senior tennis team this spring, please add yourself to the Google Classroom (Code - go3awf3)

Mountain Biking

- Sign up and come race with us! Races begin in April.
- Tryouts Weds March 13th @ 3pm
- Join the Google Classroom (Code - rz55ubo)

Golf

- Join the Google Classroom (Code - 5z5lrgj) and complete the survey

COUNSELLORS' CORNER

SUBSTANCE USE PREVENTION PRESENTATION for Parents/Guardians/Caregivers - see poster

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- 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.

Participants must register in advance due to limited capacity. Session dates are:

- February 20th, 6:00 – 7:30 pm PST - [Click here to Register](#)
- February 22nd, 6:00 – 7:30 pm PST – [Click here to Register](#)
- February 28th, 6:00 – 7:30 pm PST – [Click here to Register](#)

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 Events - LINK - Online & In-Person for Parents and Caregivers 2024.

A Conversation About Eating Disorders February 20th @ 6:30 - 8:00 pm PST

For further information and to register for this online event click [here](#)

Families do not cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, a parent and an Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

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 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

BOWEN ISLAND LIBRARY STUDY CLUB

Bowen Library is running a free Study Club program for high school students this winter. Please visit bipl.ca/studyclub for more information.

- Wednesdays at 4-5 pm, Jan 10- Feb 28
- Held in the Bowen Library Flex Room
- Those interested in volunteer peer tutoring can email info@bowenlibrary.ca

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>

ACTION ITEMS FOR ROCKRIDGE PARENTS/GUARDIANS

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.

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.

FAQ & HELPFUL INFORMATION

MYED BC Parent Portal

If you need assistance logging onto the parent portal, please use this link [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

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 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. 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 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 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.