



# ROCKRIDGE

ESSE QUAM VIDERI



Feb 22, 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	
Mon, Feb 26	<ul style="list-style-type: none"> <li>● ATL Reflections Part 2 - All Students to complete with 2-3 teacher "Thinking" - Self Assessment - Due March 1st</li> </ul>
Tues, Feb 27	<ul style="list-style-type: none"> <li>● FAST - SFA Training Day 1   1– 9 pm Rockridge LLC</li> </ul>
Wed, Feb 28	<ul style="list-style-type: none"> <li>● <b>PINK SHIRT DAY</b></li> <li>● Pascal, Cayley &amp; Waterloo Math Contests  8:30 – 9:30 am LLC</li> </ul>
Thurs, Feb 29	<ul style="list-style-type: none"> <li>● Inclusive Ed Takes a Polar Plunge  9:30 – 11:00 am - Ambleside Beach</li> <li>● Grad Semi-Formal  6:30 – 10:00 pm - Pinnacle Hotel at the Pier, NV</li> </ul>
Fri, Mar 1	<ul style="list-style-type: none"> <li>● Last Day of LP 2</li> </ul>
Upcoming Events	
March 7, 8 & 9	Rockridge Theatre Lab presents <i>Backstory</i> at Kay Meek - see details below
Fri, Mar 8	LP 2 Reports Posted to MyED parent portal
Wed, Mar 13	International Lunch - Players Hall
<a href="#">FULL ROCKRIDGE WEBSITE CALENDAR with BLOCK ROTATIONS</a>	
<a href="#">2023-24 At A Glance Calendar</a>	
WV Youth Services click <a href="#">here</a>	

### A MESSAGE FROM THE PRINCIPAL

This week I have a couple messages to share with our Raven families to spark some conversations at home.

The first is in regard to arriving at school on time to start the day. One of my favourite parts of the day is welcoming students as they flood up the sidewalks and into the school in the morning. The part of my day that is problematic with this routine is that instead of the front steps being busiest at 8:20am, there are many students arriving after 8:30am. This problem, however, is not about me, it is the negative impact on student learning, teachers and the classroom community. Rockridge staff have noticed more students arriving late and one of our strategies to change this behaviour is to reach out to families. We know getting a teenager out of bed in the morning can be challenging, but having conversations about

being on time for school is an important one and a life skill that is essential for success at school, in post secondary institutions and in the workplace. When students arrive late to class they are;

- less likely to feel calm and regulated and ready to learn
- miss introductory remarks and information that leads to lower understanding / marks
- are disruptive to the learning environment that is already underway
- miss morning announcements that help share events and positive aspects of Raven life

We realize there can be many factors that impact students being able to arrive on time every day. By way of some effective planning and conversation at home, we hope more students will be arriving on time starting tomorrow.

A second topic for conversation this weekend is for those families that have a Raven who commutes to school by bike, especially Ebike. If you notice your student is not wearing a helmet, please take time to discuss safety regulations in BC with your child. Our staff have had conversations with any students we have seen not wearing a helmet out of an abundance of care and concern. If you wish to have more information about cycling safety please see the following link [ICBC Road Safety - Cycling](#)

This week I have been updating some aspects of our Rockridge website including information about our school goal (FESL) which is focused on inclusive assessment. To read more about my thinking on personal goals and our school goal, here is a short blog entry posted to our school website from me [One Word for 2024 and More](#)

*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 SELECTION:**

Beginning Monday, counsellors and admin will meet with students by Grade level to assist students in entering their course requests on the MYEDBC Student Portal. Students will have entry access in MYEDBC until April 1 to make changes to their choices. Parents are asked to please review their child's choices with them. Hyperlinks to the presentations and more information are below.

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

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

It's hard to believe, but the end of Learning Period 2 is fast approaching! Students will be able to access their "Learning Update" (the new name for report cards) on MyEd on **Friday, March 8th, 2024.**

Students will receive a Level 1 to 8 on each of the four subject-specific criteria. These criteria are:

Subject	Criterion A	Criterion B	Criterion C	Criterion D
---------	-------------	-------------	-------------	-------------

<b>Language and Literature</b>	Analysing	Organizing	Producing Text	Using Language
<b>Language Acquisition</b>	Listening	Reading	Speaking	Writing
<b>Individuals and Societies</b>	Knowing and Understanding	Investigating	Communicating	Thinking Critically
<b>Sciences</b>	Knowing and Understanding	Inquiring and Designing	Processing and Evaluating	Reflecting on the Impacts of Science
<b>Mathematics</b>	Knowing and Understanding	Investigating Patterns	Communicating	Applying Mathematics in Real-life Contexts
<b>Arts</b>	Investigating	Developing	Creating / Performing	Evaluating
<b>Physical and Health Education</b>	Knowing and Understanding	Planning for Performance	Applying and Performing	Reflecting and Improving Performance
<b>Design</b>	Inquiring and Analysing	Developing Ideas	Creating the Solution	Evaluating

### What do the levels mean?

The MYP levels are aligned with the new BC Proficiency Scale. So if you see a Level 4 for a specific criterion, it does **not** mean that your student received a 4 out of 8. Instead, it means the following:

Emerging	Developing	Proficient	Extending
Levels 1 - 2	Levels 3 - 4	Levels 5 - 6	Levels 7 - 8
Demonstrates an initial understanding of the expected learning.	Demonstrates a partial understanding of the expected learning.	Demonstrates a complete understanding of the expected learning.	Demonstrates a sophisticated understanding of the expected learning.

In the MYP, a **passing level** in a course is considered a 2. And, if a 1 or an I.E. (insufficient evidence) is present, students will be given a supportive action plan to help get them back on track for the remainder of the course.

**TOUR OF THE ROCK DAY** - The next tour will be Monday, March 11 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](mailto:rockridge@wvschools.ca)

---

## ROCKRIDGE SCHOOL NEWS

---

**ROCKRIDGE SENIOR IMPROV** will be competing in the **Semi Finals TONIGHT** - 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!*

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

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

### **LSP is taking the plunge!**

A group of LSP students and staff will be participating in the **North Shore Polar Plunge** on February 29<sup>th</sup>. This awesome and icy cold event raises money for [Special Olympics BC](#). If YOU would like to sponsor our team and donate to the Special Olympics, please click on the [link](#) below!

Our team is called “The Chilly Ravens” 😊

### **INTERNATIONAL LUNCH hosted by Rockridge Kanata Club**

The International Lunch has been a Rockridge tradition for over 20 years and we have been very grateful for the food Rockridge families have contributed to help make this event a success. In previous years we have sold over 300 plates of food and we are hoping to be able to offer a variety of dishes again this year. We would greatly appreciate it if you could contribute to our lunch. Students who contribute food will be given 5 free tickets and service hours for their time. To sign up for the Contribute click [here](#)

### **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](mailto:juliaj400@edu.sd45.bc.ca)

### **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! We look forward to seeing you at the Kay Meek Theatre March 7-9<sup>th</sup>. Check out the poster in the Raven Life for more details. Tickets are available on [SchoolCashOnline](#). *Thanks so much for your support!*

**ROCKRIDGE JAZZ CAFE** -Tues, March 12th in Players Hall | Doors open 6 pm, music to start at 6:30 pm  
**Guest Artist:** *Teresa Marie and The Three*

You are invited to the 2nd annual Rockridge Jazz Café. We will be transforming Player's Hall into our very own café, with candlelit tables, coffee, tea and refreshments.

At the Jazz Café, you will hear from the Rockridge "A" and "B" Big Bands and combos. This year, we are excited to have Teresa Marie and The Three performing as our featured artist. Teresa is an exciting up-and-coming vocalist in the Vancouver jazz scene, and we are overjoyed that she and her band will be performing to kick off our evening. Check her out!

- We hope to see you there! Please note that tickets are first-come, first-served, and will sell quickly. Get yours now! \$15, payable through this schoolcash online link: <https://westvancouver.schoolcashonline.com/Fee/Details/27698/105/False/True>
- Thanks to students Lara H and Mary L for designing our awesome poster in Raven Life
- Let me know if you have any questions about the Jazz Café: Ben Parker [BParker@wvschools.ca](mailto:BParker@wvschools.ca)

**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!**

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](mailto:dlambie@wvschools.ca) or [bhammett@wvschools.ca](mailto:bhammett@wvschools.ca)

**Cybersecurity and Artificial Intelligence - Course Description click [here](#)**

Students learn theory and apply it to practical projects in the fields of Cybersecurity and Artificial Intelligence.

**YOGA Teacher Training Course Information Session – Mon Feb 12<sup>th</sup> |6:30 PM. WVSS Library**

For more information email Todd Randall [trandall@wvschools.ca](mailto:trandall@wvschools.ca) or to [register](#).

**VOLUNTEER with North Shore Highlands Challenger Baseball! See poster [here](#)**

Please contact Highlands Buddy Coordinator Sophie Mariano at [challengerbuddies@gmail.com](mailto:challengerbuddies@gmail.com) for more information - see details in Raven Life

---

ROCKRIDGE PAC NEWS

---

**February PAC Meeting**

Thanks parents and Trustee Lynne Block for joining our PAC meeting this month. It was an informative yet casual morning meeting. Taking place right after drop off, parents enjoyed coffee and treats in Player's Hall. View [WV Schools Strategic Plan for 2023-2027](#). The district is looking for feedback on the 2024-25 budget. To [share your input](#). We also heard an Outdoor Classroom update: permit is approved, contract signed! Now we're moving forward and will continue to provide you with updates as we have them. More detailed meeting minutes will be posted to the [PAC website](#) within the week.

**Virtual Parent Education Nights "Teens & Technology" - Tue, Feb 27th, 7:00 pm see poster [here](#)**

This workshop is designed to help parents better understand how their teens use devices. Parents will be given helpful tips and tools that they can use to minimize negative experiences for their teens and maximize positive technology 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

**Parents as Education and Career Coaches (PECC) - Virtual - Wed March 13, 6:30pm to 8pm.**

Hosted by Education Planner BC and WVS. [Find event information](#). Key points: BC's post-secondary institutions and credentials, admission requirements, key dates, costs and navigating resources. This is especially helpful for Grades 10-12 families.

- Registration is required: click [here](#).
- For more information: [support@educationplannerbc.ca](mailto:support@educationplannerbc.ca)
- Rockridge Career & Post Secondary Advisor: [LAlldred@wvschools.ca](mailto:LAlldred@wvschools.ca)

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

---

## 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](http://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](mailto:info@bowenlibrary.ca)

---

## RAVEN ATHLETICS: #GoRavens

---

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

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

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

Best of luck to our wrestlers, Gio N, Harry T, and Roham Z who are wrestling at the Provincial Championships Friday and Saturday!

### **Basketball - Senior Boys - see photo in Raven Life**

Our Senior boys are competing in the regional Sea-to-Sky playoff round for a chance to qualify for Provincials. Our boys opened with a close loss to Sir Charlies Tupper with standout performances from our two Captains Adrian B and Will M who combined for 60 of our 78 points. Matt B earned the player of the game hard hat with some gritty defence in the 2nd half. Our second game was a North Shore rival game vs Argyle which Rockridge won by 11 with another solid performance from Adrian and Will who put up 56 of our 79 points. Our player of the game hard hat went to Will M who, in addition to scoring, led the team with some aggressive defence to help us overcome two 12 point deficits and earn our first victory of the tournament. The team plays Thursday night (Feb 22) at 6:00 vs. Gladstone Secondary (@ Gladstone) for a chance to advance to the Provincial play-in game this Saturday.

### **Volleyball - Bantam Boys**

- See Mr. Armstrong for information on upcoming tryouts.
- Join the Google Classroom (**Code - aht4wfa**)

### **Soccer - Senior Girls**

- See Ms. Bates for any questions.
- Join the Google Classroom (**Code - vybw6vb**)

### **Soccer - Junior Girls - Google Classroom Code: zbq3rjt**

- Tryouts Thurs Feb 29th & Thurs Mar 7th @3:30pm @Rockridge
- Welcome to all Grade 8-10

### **Badminton - Junior & Senior - Google Classroom Code - h3pmzjg**

- Badminton starts after school Thursday and Friday this week. Next week will be Monday, Wednesday, and Friday.

### **Ultimate**

- Join the Google Classroom **Code - w7u2oby**

### **Rugby - Junior Boys -Google Classroom code: Code - oi5q2um**

- Practices have begun, new players are always welcome! Monday, Tuesday, Wednesday, and Thursday 3:20 PM to 4:40 PM.

### **Rugby - Senior Boys Google Classroom Code - s5wj7lr**

- Jersey sizes due this week for orders.

### Ice Hockey

- Meeting at lunch in C208 lab this Friday (02/23/2024)
- Google Classroom (**Code - tsbwtnm**)
- All grades and genders are welcome to tryout
- See schedule [here](#)

### Tennis

- Those interested in the tennis team this spring, please add yourself to the Google Classroom (**Code - go3awf3**) and complete the **form**.

### Mountain Biking Google Classroom (**Code - rz55ubo**)

- Sign up and come race with us! Races begin in April. XC and Enduro formats this year.
- Tryouts Wed, March 13<sup>th</sup> @ 3pm @ Rockridge

**Golf** - Please join the Google Classroom (**Code - 5z5lrgj**) and complete the survey.

---

## COUNSELLORS' CORNER

---

### SUBSTANCE USE PREVENTION PRESENTATION for Parents/Guardians/Caregivers - see poster in Raven Life

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.

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

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

### WE ARE ALL CONNECTED - How Families Can Support Children's K-12 Peer Relationships

**DPAC Virtual Event hosted by Dr. Diana Divecha - March 7th | 7-8:30 PM** -See Raven Life for details

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

### 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

---

### 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

---

### 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](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. 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.