



ROCKRIDGE

ESSE QUAM VIDERI



Feb 8, 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	
Thurs, Feb 8	<ul style="list-style-type: none"> ● PERSONAL PROJECT EXHIBITION 6:00 - 7:30 pm
Mon, Feb 12	<ul style="list-style-type: none"> ● Gr. 8-9 & 9-10 Course Planning Presentations - for students
Tues, Feb 13	<ul style="list-style-type: none"> ● Gr. 10-11 & 11-12 Course Planning Presentations - for students
Wed, Feb 14	<ul style="list-style-type: none"> ● Happy Valentine's Day ● New Student Photo Day ● Gr. 8 Whistler Ski Day ● Ski & Snowboard Team Event
Thurs, Feb 15	<ul style="list-style-type: none"> ● FIT
Fri, Feb 16	<ul style="list-style-type: none"> ● Reading Break Day - School Closed
Mon, Feb 19	<ul style="list-style-type: none"> ● Family Day Holiday - School Closed
Upcoming Events	
Feb 28	University of Waterloo Math (Pascal, Cayley, and Fermat Contests) 8:30 – 9: 30 am LLC
Feb 29	<ul style="list-style-type: none"> ● Grad Semi Formal - Pinnacle 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

Being a school administrator in February involves being able to work in two different school years. While my calendar is full of 2024 events like the *Personal Project Exhibition* happening tonight, our admin, counselling and office team is now busy preparing for the 2024-25 school year. I wanted to highlight this for you today as we have some helpful information to share with families around course selection for next year. If you were not among the 200+ people who joined our course information session for parents/guardians on Tuesday evening, there are some helpful resources for families to review that are included below. Parents as participants in course selection is not only helpful, but important for our students. On the road to graduation, the more informed families are, the better

equipped students are to make decisions about their future. We are currently updating our website with links to the slides and recordings of the presentations in advance of meeting with our students next week. This is a great time to review district opportunities such as WV Schools Premiere Academies and Programs. Again, information about these programs can be found in the E-Bulletin below. We are grateful for the support you offer our Ravens, especially at this time of year as students navigate a lot of new information about their next grade for 2024-25.

*Be sure to check out this week's attached **Raven Life** PDF for photos and posters of recent and upcoming events at the Rock. We hope to see you tonight at the MYP Personal Project Exhibition.*

2024-25 COURSE PLANNING

Over 200 parents and students joined our virtual Parent Course Planning Information Sessions hosted by Rockridge Administration and Counsellors this week. Hyperlinks to the presentations are below. Next week students will join 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](#)

- Monday, February 12th - Grade 8 & 9 Student Course Planning (IN Person 2-3, 2-1)
- Tuesday, February 13th- Grade 10 & 11 Student Course Planning (IN Person 1-2, 1-1)

THIS WEEK'S MYP MOMENT

Today's the day! You are all invited to attend our Personal Project Exhibition from 6:00 to 7:30 p.m. tonight. The event will take place in Player's Hall, and will feature over 100 passion projects by our current Grade 10 students.

Students will be showcasing what they've developed and learned through their Personal Project journey. From science experiments to product designs, cookbooks to handcrafted goods, creative compositions to technical innovations—we'll have all this and so much more! For the parents of Grade 10 students, the Exhibition will be a wonderful opportunity to celebrate your child's tremendous efforts; for parents of junior students, the Exhibition will give you some insight into what your own child can look forward to accomplishing in a year or two.

In addition to students, parents and teachers, you can expect to see other members of the community in attendance, including our district leadership team and school trustees. This will truly be a special and memorable occasion, and we honestly can't wait for you to experience the beautiful celebration that is the Personal Project Exhibition. We look forward to seeing you tonight! 🇺🇸 🇨🇦 🇧🇷

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

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.

Yoga Teacher Training Course Information Session – Mon Feb 12th | 6:30 PM. WVSS Library

The district's 200-hour Yoga Teacher Training course is an 8-credit course (4 PE credits and 4 Yoga credits) that will provide students in grades 9 to 12 with the skills needed to effectively and safely teach yoga to all levels of students. The total cost for the program is \$100 for the year. The course follows the guidelines set out by Yoga Alliance and students receive certification as Yoga Alliance 200-hour Yoga Teachers. For more information or to [register](#) or email Todd Randall trandall@wvschools.ca

ROCKRIDGE PAC NEWS

Upcoming Parent Activities

Thu, Feb 15th, 9:00 - 10:30 am: [P2P Parent Coffee at Starbucks Ambleside](#)

Enjoy your morning coffee with other parents – this is a great way to meet others in our school community.

Wed, Feb 21st, 8:30 - 10am: [PAC Meeting in Players Hall](#)

This month's PAC meeting will be an informal coffee meet + greet with Principal Kolkea and guest speaker: WV School Board Trustee Lynne Block.

Wed, Mar 13th, 6:30 - 8pm:

[“Parents as Education & Career Coaches” Virtual Evening](#)

[Click Here to Register](#) - Join Education Planner BC and WVS for a virtual parent education night about BC's post secondary institutions and credentials, admission requirements, key dates, costs and navigating resources. This is especially helpful for Grades 10-12 families.

Follow ROPAC on [Facebook](#) and [Instagram](#)! Join the Rockridge [P2P](#) WhatsApp Group!

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

VALENTINE'S bake and craft sales at Caulfeild Village - Feb.10th 11am-3pm.

Consisting of different baked goods and cookie boxes, as well as mini handmade fake flower bouquets to gift to a loved one. All proceeds go to Critter Care Wildlife Society, a rehabilitation centre for BC wildlife. Money goes towards new enclosures, food, medical bills, and education programs. We have fundraised over 1000\$ and going strong. Come swing by and give your valentine's love to the critters who need it!"

RAVEN ATHLETICS: #GoRavens

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

TEAM NEWS

Basketball - Senior Boys

- Mon, Feb 12 NSSSAA AAA Playoffs vs TBA Time & Venue TBA

Basketball - Senior Girls

- We have our last playoff game vs Collingwood at Mulgrave Thurs, Feb 8 at 4:15pm (if we win we advance to provincials but if we lose, we will have to play a game on Friday for wildcard)

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

- 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

- Thursday Feb 8 Vancouver Sea to Sky Zone Weigh-In @ Collingwood (4:00 PM - 6:00 PM)
- Friday Feb 9 Vancouver Sea to Sky Zone Championships @ Collingwood

Ski & Snowboard Race Team.

- The Rockridge Ski and Snowboard team had some strong performances from athletes at the North Shore GS Championships race last Thursday. Our Girls team came 5th place while the boys came 7th.
- Our make up training day for January 17th will be on Feb 14th.

Basketball - Juvenile Boys

- Juvenile boys lost last night in the semi-finals 36 to 48. Worth mentioning is that we played this excellent team at a tournament at the beginning of the season, and after last night, it was very clear to coach Campbell that the boys have made significant improvements since that time. Consolation finals are Monday vs West Van at Rockridge.

Basketball - Bantam Girls

- Congratulations on a great season with good numbers out as the program begins to build for future years!
- Feb 9th – Field trip after school to UBC to watch the Women’s Varsity Basketball team – all interested Basketball players, contact Ms. Cameron

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).
- Meeting Monday, Feb 12th in Room W110 at Lunch.

Mountain Biking

- Join the google classroom to sign up and come race with us! Races begin in April. Team Meeting Monday, Feb 12th at 12:55 in Drama Rm. Tryouts Wed, March 13th @ 3 pm rz55ubo

Golf

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

INTRAMURALS

Lunch Time Soccer Tournament continues next week!

COUNSELLORS' CORNER

Safe Schools Presentations for Parents/Guardians/Caregivers

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](#)

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 Events - [LINK](#) - Online & In-Person for Parents and Caregivers 2024.

A Conversation About Eating Disorders February 6th @ 6 - 7:30 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

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.