

April 4, 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	
Mon, April 8	<ul style="list-style-type: none">● FIT - all students Classroom of Choice● McMaster University Presentation 6:00 – 8:00pm
Thurs, April 11	<ul style="list-style-type: none">● FIT - all students Classroom of Choice
Fri, April 12	<ul style="list-style-type: none">● Drumline to Pt. Moody Secondary● CAHSMUN Conference April 12 - 14
Upcoming Events	
April 15 - 18	<ul style="list-style-type: none">● Grade 10 Numeracy Assessment Week
April 15 - 18	<ul style="list-style-type: none">● Senior Science Students Travel to Bamfield
Mon, April 22	<ul style="list-style-type: none">● EARTH DAY ● Tour of The Rock 12:00 – 1:00pm
FULL ROCKRIDGE WEBSITE CALENDAR with BLOCK ROTATIONS	
2023-24 At A Glance Calendar	
WV Youth Services click here	

A MESSAGE FROM THE PRINCIPAL

Welcome back from Spring Break Rockridge families. On one hand I am excited to issue in the final learning term of the year, while on the other, I cannot believe we are in the final three months of 2023-24. The Rock has been *rolling* this week with spring sports roaring into action, grads working on scholarship submissions and all our Raven students and staff getting back into classes and routines. This week even marked the progression of our Grade 8 students (Class of 2028) being allowed to visit the Caulfeild Mall at lunch.

You need only to look at this week's **Raven Life** attachment or scroll down to the Rockridge PAC section to see that our parent community is also very busy upon our return. There are opportunities for parents and guardians to participate in a variety of events including our upcoming April PAC meeting on the 17th.

Please continue to help your student arrive on time each morning - the end of June is coming and we want all of our Ravens to make the most of their valuable instructional time with our outstanding educators.

*Be sure to check out this week's attached **Raven Life** PDF for photos and posters of recent and upcoming events at the Rock. This week features spring sports photos and upcoming event posters.*

THIS WEEK'S MYP MOMENT

Hello everyone! We hope you had an amazing break together with your families, friends and communities!

It is hard to believe we have entered the final stretch of the year. However, there is still plenty of time to learn and grow, and as such, we will be entering our last round of Approaches to Learning (ATL) goal-setting soon! One of the ATL skills students will be setting goals around is Communication. This examines all the skills associated with interacting with others. For students, these interactions could be with their friends, peers, family, teachers, principals, coworkers or wider community! They could be people they know and see, or others they don't. There are relationships and places where it's easier to communicate ideas and express needs, and there are others where it takes some intentionality and thought. What does good communication look like for the student(s) in your house? Where are the spaces the student(s) in your household could work on their communication skills? What about you?

2024-25 COURSE SELECTION

Student access for course selection is now closed. Students who wish to make changes to their requests should contact their counsellor by email or in person. Parents and Students can still view their requests in MYEDBC.

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

McMaster University Presentation - April 08th 6-8 pm Player's Hall - see poster in Raven Life

The session is for accepted grade 12 students as well as grade 10 and 11 students interested in exploring opportunities at McMaster. They will be bringing faculty and recruiters from a host of different faculties including:

- Business
- Engineering
- Health Science
- Science
- Social Science
- Humanities.

To register, click [here](#)

ROCKRIDGE SCHOOL NEWS

Rockridge Film Students

Ms. Reid and Mr. Parker are excited to share with you that several gr 9-12 Film students have participated in the 2024 WorkSafeBC Student Safety Video Contest. This year we have had a total of 10 group submissions comprising 29 students. This competition is open to all BC secondary students. You can check out all the submissions at: [Competition Submissions](#)

Thank you to the Rockridge PAC for your assistance with acquiring equipment to make these projects possible for students. In 2021 we had 2 Rockridge teams win this competition, so it's nice to see the level of engagement from our students.

The University of Waterloo Gauss Math contest (grade 8) Wed, May 15th -LLC 1:30 – 2:30 pm (1 hour).

This math contest challenges students from around the world with a range of abilities to grow valuable problem-solving skills.

If any student is interested in writing this contest, please pay \$5.00 on School Cash Online by April 22nd at 3:00 pm

For practice, please see past contests at:

https://www.cemc.uwaterloo.ca/contests/past_contests.html

ROCKRIDGE INTERACT BINGO NIGHT

On April 24, 2024, the Rockridge Interact Club will be hosting a BINGO night at the Westerly, from 7:00pm to 8:30pm. All funds raised will support Shelterbox, an organization dedicated to providing shelter and relief in disaster-stricken countries. We are excited to see you there! Please use the link below to register for this fun evening. [Rockridge Interact BINGO Night Registration](#)

Back by popular demand....

FAMILY PORTRAITS IN THE PARK at Horseshoe Bay! Saturday, May 4th, 2024: 2:30pm - 7:30pm

Please note this is a GradsBC Fundraiser event for Rockridge. If you have questions please contact info@gradsbc.com.

As a special event, GradsBC will be offering outdoor family portraits in picturesque Horseshoe Bay. These 10 minute sessions will provide you with a rare opportunity to receive 6-10 professionally orchestrated family portrait poses in a location that offers a waterfront setting and other beautiful landscape options.

For just \$39.00 your family will receive a full sitting with multiple poses and an 8x10 portrait from the proof of your choice (Valued at \$150!) \$20 of this fee goes directly back to your school as a fundraiser! This is our way of giving back and working with your school community to offer affordable keepsakes as a thank you for your business from grad and school photo programs that you participated in this past year.

- **Limited Space Available. In the past these events have sold out in one week! [Book Now](#)**
- **Questions? Please call the GradsBC office: 604-461-3722 or info@gradsbc.com**

2024 SUMMER LEARNING with West Vancouver Schools

Are you interested in learning during the summer? West Vancouver Schools will be offering a robust Summer Learning Program for both elementary and secondary students during July 2024.

Online registration for both the elementary and secondary Summer Learning programs opens on **Monday, April 8 at 8:00 AM**. Elementary registration closes on May 10. **Secondary registration closes on June 14.**

More information about courses, locations, attendance etc. can be found on the Summer Learning information flyers ([elementary](#) or [secondary](#)) or the [Summer Learning Website](#).

JOB POSTING - Summer Learning Student Leaders - International Program - see flyer attached

Each year, West Vancouver Schools' International Programs offers a New Student Orientation program to elementary and secondary-level international students who have just arrived to begin their studies in our schools. Student Leaders form an important part of New Student Orientation.

The 2024-2025 Premier Academies and West Vancouver District Programs are open for registration!

Please visit <https://westvancouver.schools.ca/programs/> for further information.

Ministry of Education 2024 Learning Survey

The parent and guardian/caregiver survey is now available online at www.bced.gov.bc.ca/sat_survey/access.htm and is available in 18 languages. No logon # is required - see right side of 'parent section'. Simply use the drop down menu to enter our **District name: 45 West Vancouver** and **School name: Rockridge**, then select your preferred language to complete the survey. The survey will be available until Friday, May 3rd, and will take approximately 30 minutes to complete. Your responses are voluntary and anonymous, and your child will not be identified as a result of your participation in the survey. Any personal or identifying information will be deleted before results are stored. Data will be stored and accessible only within Canada.

ROCKRIDGE PAC NEWS

Update on the Outdoor Classroom

We have an exciting progress report for the Outdoor Classroom project. The contractors were on site in March finalizing site preparations and the concrete was poured over spring break. See photos of this first stage of the project in this week's issue of Raven Life.

Basketball Court Upgrade Project

With the goal of fostering community engagement and healthy lifestyles, we are thrilled to announce the launch of our new fundraising campaign to upgrade our outdoor basketball court - resurface the court and replace the two main backboards and hoops with breakaway rims and polycarbonate backboards. Fundraising will feature two impactful initiatives: a [cheque drive](#) and the [Rockridge Raffle](#). Every contribution counts so please consider [donating and buying raffle tickets](#).

Support Rockridge with these Spring Fundraisers:

Spring Plant Sale - [flyer](#)

Get ready to embrace the warmer weather with one of our favourite fundraisers! From hanging baskets to flowers, herbs, veggies, strawberries and soil, they've got you covered. Get your garden ready - [order now](#)

- **Order Deadline:** Wed, April 24th
- **Pickup:** Thu, May 9th between 2:00-4:00 pm at Rockridge (*before Mother's Day!*)

If you have any questions, let us know by email and please consider sharing with your family and friends.

Rockridge Raffle - [flyer](#)

All proceeds goes directly to enriching Rockridge's school programs like sports teams, music department, clubs and contributes towards the upgrade of the outdoor basketball court. \$5 each.

- **Draw:** Thurs, June 13th, 9pm P2P pub night at The Orchard. (*Don't need to be present to win.*)

- [Buy tickets and support our school](#)

Upcoming Dates

Parent Coffee Social - Wed, April 11th, 9 - 10:30am - [event flyer](#)

Organized by Rockridge P2P- join us at The Bakehouse in Dundarave for a parent-to-parent social meet up. If you're not already, become a member of the [Rockridge P2P WhatsApp Group](#).

April PAC General Meeting - Wed, April 17th, 6:00pm

More details about our spring fundraisers & events and the outdoor classroom and basketball upgrade projects will be communicated at [this month's ROPAC Meeting](#). Guest speaker from the Rockridge Staff's AI Committee. Location: Learning Commons.

Virtual Parenting Education Talks

Information can be found on the [PAC website](#). Next one is April 23rd, 7pm, topic: "Teens and Anxiety."

Save the Date! 2nd Annual Rockridge PAC Golf Tournament - Wed, May 15th - **registration launches next week!!**

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

TEXT MESSAGE OPT IN

Text Messaging – For parents/guardians who would like to be notified of a school emergency such as power outages, severe weather or safety alerts via SMS

Please text a "Y" or "Yes" to 978338 to ensure you are on the list.

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. Or view schedules here:

Rockridge [School Field Schedule](#) & [Spring Athletic Master Schedule](#)

TEAM NEWS

Track and Field - Junior & Senior

- Join our Google Classroom (**Code - mo4k4oa**)
- Practice and team details to date are posted - Tues. Fri. PM and Wed. AM

Volleyball - Bantam Boys - Google Classroom (Code - aht4wfa)

- Thursday April 4 - Game vs Sentinel @ Sentinel | 4:00 PM

Soccer - Senior Girls - Google Classroom (Code - vybw6vb)

- Thursday April 4 - Game vs Mulgrave @ Mulgrave | 4:00 PM KO

Soccer - Junior Girls (Grade 8-10) - Google Classroom Code: zbq3rjt

- Thursday April 4 - Game vs Mulgrave @ Mulgrave | 4:00 PM KO

Badminton - Junior & Senior - Google Classroom Code - h3pmzjg

- Wednesday April 3 - Match Vs Mulgrave @ Mulgrave | 4:00 PM

Ultimate - Google Classroom Code - w7u2oby

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

- The boys look to continue their improvement this week when they take on the Windsor Wolves this Friday @ Home (4:00 PM KO) in exhibition play.

Rugby - Senior Boys Google Classroom Code - s5wj7lr

- The senior boys look to continue the momentum after a character 18-17 win over Windsor prior to the break.
- The team plays host to the Whistler storm this week Thursday April 4, 4:00 PM KO, in a key match-up for league standings.

Ice Hockey

- First game was a tough loss to West Van 10-6
- Next game vs Carson Graham - should have full roster in place at this point
- See schedule [here](#)

Tennis Google Code - go3awf3

- Please have your parent/guardian complete forms, and return to Ms. Carmen Neacs CNeacs@wvschools.ca (in person or by email).
- Meeting on Friday, April 5th at lunch in W110

Mountain Biking Google Classroom (Code - rz55ubo)

- After an intense try out session, the mountain bike team has been set and ready to tackle the upcoming league schedule.
- First Race @ Richard Juryn - Wednesday April 10th.

Golf - Google Classroom (Code - 5z5lrgj)

COMMUNITY NEWS

SOLAR ECLIPSE - Monday, April 8th, 2024

A solar eclipse occurs when the Moon moves between the Sun and the Earth. In metro Vancouver, this event will be a partial eclipse, expected to start around 10:40 am and end around 12:20 pm.

Background Information from VCH:

While it is dangerous to look at the sun anytime, the risk of harm is higher during a solar eclipse because we are more tempted to look, and some of our protective mechanisms that would make us turn away may be less effective due to lower light levels. Even during a partial eclipse, the sun's intense radiation can cause severe damage to the eyes. It's crucial to avoid looking directly at the sun during the eclipse, especially for children, as their eyes let in more light to the retina than adult eyes. Young children also may not fully understand the risks or be able to follow safety directives and may require more supervision. In order to avoid the risk of permanent damage, it is reasonable to keep students indoors during the eclipse and put the blinds down, particularly for younger students.

Viewing the Eclipse:

The eclipse can be watched live [online](#). Should classrooms choose to organise a learning opportunity around this, such as viewing with a pinhole projector, recommendations for safe watching should be followed.

- Avoid direct viewing: Never look directly at the eclipse under any circumstances.
- Only use safe viewers: Only view the eclipse if you have safe viewers and filters that meet the international standard ISO 12312-2.
- Avoid homemade filters: Do not use homemade filters, sunglasses, ski goggles, camera lenses, smoked glass, photographic film, or x-ray film by themselves or in combination with a binocular or telescope.
- Pinhole projector: If you don't have eclipse viewers that meet the international standard, create a pinhole projector and focus on the projected image, not the sun itself.
- Always supervise children.

For more information, see:

Canadian Space Agency: [How to safely watch a solar eclipse - Canadian Space Agency \(asc-csa.gc.ca\)](https://www.asc-csa.gc.ca/en/education/activities/2024/solar-eclipse)

Canadian Association of Optometrists: <https://opto.ca/eye-health-library/solar-eclipse-safety>

Student Project: [How to Make a Pinhole Camera | NASA/JPL Edu](#)

Youth Climate Action Forum - Monday April 15, 2024 7- 9 pm Kiwanis Great Hall

975 21st Street West Vancouver. Everyone is welcome.

You will hear from a panel of passionate young people about important issues in our world today that are contributing to the climate crisis as well as those issues that are impacted by climate change. Our Panelists will share why taking action is necessary, what the future might look like and how we all can be involved in the solutions.

They will cover topics such as: Fast Fashion – a detrimental footprint but with positive industry innovation, Food Security and Waste, Environmental Change and its impact on wildlife species and Dietary Choices and the Health of the Planet. Q&A Periods will follow the panel discussion.

This is a free Community Event to hear, recognize and support the interests of our Youth in Climate Change. Please contact cfuw.westvan@gmail.com if you require further information.

CAMP IGNITE - Female Firefighter Camp!

Are you a female grade 11 or 12 student who is interested in becoming a first responder?

Apply for 'Camp Ignite' which will take place on August 9-11 2024.
For further details click [here](#) - applications due May 1st.

COUNSELLORS' CORNER

Substance Use Prevention Presentation – A Guide for Parents

Dr. Haley Watson in partnership with the Ministry of Education and Child Care presented on Substance Use Prevention – A Guide for Parents. The presentation covered the following topics:

- What causes substance use in youth?
- What skills do young people need to prevent/overcome this?
- How can parents communicate effectively to encourage this skill building?

The presentation can be found in the WV Schools portal [here](#) and the video recording can be found at the following site: [Substance Use Prevention Recording](#)

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.

Understanding, Supporting & Connecting with Teens with Depression

April 4th 6 - 7:30 pm Online Event - [Register here](#)

Mood roller coasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? If you as a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone. Join Victoria Keddis, a parent with lived experience and Karen Peters, a mental health therapist who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of journeying with them through it.

Come together with other families to watch this video presentation and stay for a facilitated discussion by a FamilySmart Parent Peer Support Worker.

These events are funded for parents and caregivers living in the province of British Columbia and for CASA families in Alberta. If you are from another province or territory, or live outside of Canada, we welcome you to visit our video library at www.familysmart.ca/videos and use our resources. Thank you.

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

ONLINE POLICIES & PROCEDURES FORMS 2023-2024 - <https://eforms.sd45.bc.ca/Form/PandP>

This online verification and consent form requires a parent login and must be completed for all students each year. If a parent previously created an account to complete the 21/22 form, the account is the same. If you have forgotten your password, you can follow the instructions to reset it. Once logged in, parents have the option to either update a P+P form created last year or start a new one.

Please be aware that a new P+P consent form **MUST** be completed for each student, each school year.

Permissions expire on August 31 each year. The form includes consent for the following:

- Student Code of Conduct and Discipline
- District Network and Internet Appropriate Use
- Privately Owned Electronic Devices Appropriate Use
- Use of Website Applications Outside British Columbia - Parental Consent
- Media, Digital Media, and Video Release
- Community Activities Release Parental Consent
- Consent of Release Permission

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.