



ROCKRIDGE

ESSE QUAM VIDERI



May 9, 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	
May 6-17, 2024	<ul style="list-style-type: none"> • AP Exam schedule
Mon, May 13	<ul style="list-style-type: none"> • FIT: Careers 9 Task #10 PLAYERS Hall
Wed, May 15	<ul style="list-style-type: none"> • Gr. 8 Gauss Math Contest 10:00 – 11:00 am • RR PAC 2nd Annual Golf Tournament
Thurs, May 16	<ul style="list-style-type: none"> • FIT - FIT - ATL Reflections Part 2 - FIT - 1-2 classes • 1:40 pm - MADD Canada - Presentation to grades 11 & 12 students - PH • Indigenous Circle Meeting 3:30 – 5:00 pm
May 17, 2024	<ul style="list-style-type: none"> • Pro-D Day - School not in Session • RR PAC Staff Appreciation Lunch
Upcoming Events	
Apr 12 - May 31	WV Memorial Library Art Gallery Exhibition; Rockridge Secondary School
May 9th - June 2nd	GRAD SHOW 2024 - Ferry Building Gallery - see poster in Raven Life
Mon. May 27th	Tour of The Rock 12 pm to 1:00 pm
FULL ROCKRIDGE WEBSITE CALENDAR with BLOCK ROTATIONS	
2023-24 At A Glance Calendar	
WV Youth Services click here	

A MESSAGE FROM THE PRINCIPAL

Over the last two weeks I have been collecting some great student success stories to share with our school community. This week my principal’s message is to direct you to the Rockridge School News section below where I’ve shared a spotlight on some of the remarkable accomplishments from our Ravens here at The Rock, throughout the province and across the globe! Just when you thought the NHL playoffs were the most exciting news to catch this week, we bring you some Rockridge student highlights that we are very proud to share.

Be sure to check out this week’s [Raven Life](#) PDF for spring sports photos, posters of upcoming events and more from this week at The Rock.

THIS WEEK’S MYP MOMENT

Last week, we continued our journey through the Learner Profile, which consists of the 10 traits that represent the qualities of successful citizens we would hope all our learners grow to become. Last week, we took a look at the characteristic: Inquirer

This week, we're going to look at the Learner Profile characteristic: **Balanced**

How much balance do we have in our lives these days? Is your student good at balance? Are YOU?

Learners who are balanced understand the importance of giving intentional time and focus to various aspects of their lives. Well-being for the whole person involves the brain, the body and the soul!

Balanced individuals give quality time to their work, their play, their inward journey and their important relationships. They understand all aspects of their lives have equal importance.

How can you help your learners grow to be balanced at home?

- Help your learner (or family) create a daily schedule that includes time for schoolwork, play, meals and quality rest.
- Model balance in your own life for your learner: work, play, exercise, eat properly, connect with others, rest
- Encourage your learner to try new things but help them understand how to incorporate them into or modify their current schedule.
- During less structured time, be aware of the activities your learner is choosing to participate in. All people should try to do a variety of things. A lot of just one thing is generally never too good for people.
For example, too much screen time? Go outside for a walk.
Lots of activities? Take time to read or draw. etc.

TOUR OF THE ROCK DAY - The next tour will be Monday, May 27th 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

GRADUATION NEWS

Graduation Write-Ups (Monday, May 20th)

ALL graduates are asked to complete this [GRAD WRITE-UP FORM](#) by **Monday, May 20th @ midnight**. This is what will be read as students walk across the stage at the Orpheum during their graduation commencement on June 9th.

Service Awards (Monday, May 20th)

If you have completed school service above and beyond the requirements for your careers classes, please complete this [form](#) to be considered for a service award by **Monday, May 20th @ Midnight**:

- Bronze Medal: = 30 to 60 hours of service
- Silver Medal: = 61 to 100 hours of service
- Gold Medal: = 101 +hours of service

Graduation Banquet Tables (Tuesday, May 21st at lunch)

Table captains must fill out this [BANQUET TABLE REQUEST FORM](#) to confirm who will sit at their table.

Full names and proof of payment for all table members are required to complete this form. Tables of 10 are optimal. Banquet table selection will be done by Table Captains on Monday, May 13th during FIT in front of the office. Tables can only be selected once all tickets in your table party have been purchased and completed table request forms have been submitted including all receipts.

ROCKRIDGE SCHOOL NEWS

Physics and Math Excellence - Rockridge Student; Warren B. - see photo in Raven Life

In preparation for representing Canada at the International Mathematical Olympiad, Warren B. (Gr. 10) has been invited by the Canadian Mathematical Society and the Mathematical Association of America to the Mathematical Olympiad Program 2024 at Carnegie Mellon University in June. Before that, he will attend the Canadian Computing Olympiad at the University of Waterloo later this month. Leading up to this, Warren has been the back-to-back champion of the International Mathematical Olympiad.

The esteemed CAP (Canadian Association of Physics) Contest, held on April 10th nationwide, was tackled by senior-level high school students from across Canada. This examination underscores the importance of logical reasoning and innovative problem-solving, surpassing standard classroom expectations. Prizes await outstanding performers at both provincial and national levels. Four students from Rockridge rose to the challenge, among them was Warren B, who secured an impressive 5th place in Canada. This accomplishment is particularly noteworthy as Warren is currently in 10th grade.

Youth Ambassadors Program Scholarship Recipient - Rockridge Student; Maria L

Special congratulations go to grade 11 student Maria L., who was just accepted on full scholarship, into the highly competitive Youth Ambassadors Program, run by the US State Department; there are only 12 places available for Canadian students.

Maria will travel to Washington DC for three weeks this summer where she will network with international students from all over the Americas to engage in experiential learning activities, leadership training, civic participation at the community level, mentoring by community, business, and NGO leaders, and volunteering. Program themes include social inclusion, entrepreneurship, innovation, and environmental protection. When she returns home, she will be tasked with implementing a community service project under the guidance of the Youth Ambassadors' staff.

Rockridge Student to represent Canada on U21 Junior Men's National Field Hockey Team

Rockridge Student, Christopher C. has made the U21 Junior Men's National Field Hockey Team & will be representing Canada at the upcoming Pan Am Championship games in July in Surrey.

CONGRATULATIONS to the Rockridge Drumline, who placed THIRD at the BC Provincial competition on Friday, May 3 (out of 12 drumlines in their class). - see photo in Raven Life

The students showed huge growth from their first performance this year, and placed 2nd overall in the visual category! Their construction-themed show was definitely a fan favorite, and they received lots of positive comments from the judges, other instructors and peers in different groups.

Our students also demonstrated strong teamwork before, during and after the event, and showed a lot of support for the other groups. They represented Rockridge well, and Mr. Parker is very proud of them!

If you want to catch the Rockridge drumline perform UNDER CONSTRUCTION for the last time this year, come to our Spring Concert on Thursday, June 6, where you will also hear our other amazing Rockridge Music Ensembles such as the Choir, Concert Bands, Jazz Bands and Guitar students!

Thanks for your support throughout the year

Rockridge Choir participated in Phoenix Choral Experience - May 3rd & 4th - see photo in Raven Life

On May 3rd the choir worked in clinics with Dr. Jace Saplan, the choral professor at Arizona state university. The clinics had students learning about Hawaiian culture and song. The event culminated on May 4th at St. Andrew's Wesley United Church with a mass choir performance featuring choirs from all over the lower mainland. Overall, it was an amazing experience for our school singers.

Grade 8 Science Fair at Rockridge Secondary - Wednesday May 29th from 1:35 pm to 2:50 pm

You are invited to the inaugural Grade 8 Science Fair at Rockridge Secondary! The students will begin their Year End investigations on the week of May 6th in class and present through findings on Wednesday May 29th from 1:35 pm to 2:50 pm. Students will be showcasing their ability to apply the Scientific Method to answer a question about the physical world around them. We (Ms. Davies and Ms. Brady) are hoping you can join us in their Science Classrooms (W204, and W205) and in the School Cafeteria to celebrate both your child's learning and the learning of their classmates. Students will be ready to give a quick presentation and answer any questions you may have about their exploration. We have also invited some elementary school future Ravens and other Rockridge Students to celebrate in the learning! Thanks for your support at home and hope to see you there!

*Trifold poster boards will be available on SCO for \$3

Ms. Davies and Ms. Brady

International Lunch Fundraising proceeds to support NS Family Services

Thank you to everyone who supported our International Lunch this year. With your support Kanata Club was able to donate \$500 to the Family Services of the North Shore! Thank you Rockridge.

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 & secondary Summer Learning is **now open**.
- 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](#).

2024-2025 PREMIER ACADEMIES and West Vancouver DISTRICT PROGRAMS are open for registration! Please visit <https://westvancouver.schools.ca/programs/> for further information.

GRADE 8 - 11 AWARDS DAY 2023/24 - Held on Monday, June 24th

It is time for our grade 8-11 students to start nominating themselves for a major Rockridge award. To prepare for future scholarship applications, we are asking grade 8-11 students to fill out the appropriate forms (linked below) in order to be recognized for a major award for the 2023-24 school year. Teachers will continue to nominate students for subject recognition awards but will no longer nominate for major awards. Award winners will be chosen by a committee of admin, counsellors and teachers. You will find descriptions of the awards and links to the application forms below. Applications are due May 27 @ midnight. [2024 Rockridge Year End Awards Nomination Forms](#)

ROCKRIDGE PAC NEWS

Countdown is ON: 6 days till Rockridge Golf Tournament: [Buy Tickets!!](#)

Down to Final Tee Times! **If you're keen on golfing, register solo or with a foursome by end of day (tomorrow) Friday, May 10 - before we lose these tee times.** Event date: Wed, May 15th. Texas scramble format - for all skill levels. Lots of fun activities planned throughout the course so get ready to don your kilts (or plaids) for this Scottish-themed fundraiser.

Not into golf? No worries! Come to the [Gathering of the Clans After Party](#) on The Orchard patio - tickets available in advance through [this link](#), or at the door. (Having numbers in advance helps our parent event team.) The After Party is free for golfers and kicks off officially at 6:00pm. Features a professional bagpiper + extensive silent auction, raffle and appetizers. All proceeds benefit Rockridge and is a great opportunity to get to know other Rockridge parents! Hope to see you next week!

-- [Buy Tickets to Golf / Gathering of the Clans After Party!!](#) --

Staff Appreciation Potluck Lunch is Next Week - [Sign up!!](#)

We need more sign-ups! Looking for a way to show our great teachers and staff your appreciation for all that they do for our kids? Volunteer to drop off a dish to help create a special luncheon for them on the upcoming Pro-D Day - when the staff will be working and learning at Rockridge all day. *Drop off: Thu, May 16, 3:00pm or Friday, May 17, 8-11am at the office.* If you're unable to bring a dish but still want to help, please consider [making a \\$ donation to help](#) us order enough food for the staff - and our volunteers will take care of the rest.

[Find more information](#) and the [Online Sign-Up Sheet](#).

Save the Dates

- **May 15th** - Rockridge Golf Tournament & Gathering of the Clans After Party
- **May 22nd** - Chipotle Fundraiser at Park Royal must [use code or show attached flyer](#)
- **June 5th, 6pm** - PAC AGM, Rockridge Learning Commons
- **June 13th** - P2P pub night at The Orchard - feat. Rockridge Raffle Draw

Remember to [buy raffle tickets!](#) **\$500 Grand Prize! All proceeds go to Rockridge.**

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

RAVEN ATHLETICS: #GoRavens

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

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

- Congratulations to our Ravens on their strong efforts on the track and in the field on Monday on the first day of the North Short T&F Championships. After the first day of competition, we have two Zones Championship qualifiers – Ciel F. (800m) and Tess O. (Long Jump).
- North Shore Track & Field Championships Meet Day #2 - Monday, May 17
- Practices Tuesday, Friday @ 3:10 PM, Wednesday 7:45AM - throwers: javelin, shot put

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

- Huge playoff win for junior girls soccer as they defeated Carson 6-1 yesterday at Ambleside. Next up is semifinal action vs #1 Handsworth Monday May 13th at Fen Burdett Park at 3:15. If they win on Monday it's the finals on Wednesday May 15th at Fen Burdett after school.

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

- Congratulations to the juniors who made their senior debut Friday!

Rugby - Senior Boys Google Classroom - Code - s5wj7lr

- The boys won big last week over Gleneagle 115-20, with Joseph Goss accounting for 39 of those points!
- HATCH SHIELD vs Collingwood Friday May 11 | 4:30 PM

Ice Hockey

- 4 - 2 vs West Vancouver. Tied for 1st in the conference with a 5 -1 record, but will be seeded 2nd with tie-breaker (head to head). ¼ final playoffs next week.
- Max Malinousky with 2 G. Liam Middleton with 2 Assists. Shoji Kawai-Wrinch 1G 1 A. Our steady tendie Mathew Moses with a .95 save%
- Next game Tuesday May 14 - Game vs TBA @ WV Arena | 2:15 PM (Early Dismissal @ Lunch)
- Student-athletes will check in with the period 4 teacher before dismissal.

Mountain Biking Google Classroom (Code - rz55ubo)

- Great job to all riders at the Fromme Enduro! Ben had a top 20 finish and some great battling in the corners from some of our other riders. Next up, we have the league finals in Whistler.
- Wednesday May 15th - Whistler League Finals 3PM start. Check in at 2:50 at registration.

Golf - Google Classroom (Code - 5z5lrgj)

- May 2 - Development Match @ Gleneagles - 4th block dismissal (Robert B-Z, Montana C, Lucas F, Cooper G, Mathew H, Connor N, Sidney V, Malcolm S, Daan B, Finn C, Cole D, Aida Z)

COMMUNITY NEWS

An Evening with Valerie Jerome

Please join us for a discussion with author, educator, Olympian and advocate Valerie Jerome. Wednesday, May 22nd at 730 pm Kay Meek Theatre. Your complimentary tickets can be reserved here <https://kaymeek.com/events/valerie-0522>

West Vancouver Basketball Club Summer Camps

The WVBC is proud to be offering its 16th year of summer camps this July and August. This year, the WVBC will be offering 4 weeks of camps beginning July 8 for players in Grades 2-10. All camps will be held at West Van Secondary School and will be led by former Canadian Men's National Team player and WVS Teacher/ Basketball Academy Head Coach Greg Meldrum. To view the full schedule of camps and to register, please go to <http://www.wvbc.ca>

COUNSELLORS' CORNER

Nat'l Forum on Physical, Mental and Spiritual Health -Jun 1 - [Active Youth](#) - see [Raven Life](#)

Nat'l Forum on Physical, Mental and Spiritual Health - June 2 - [Walk with your Doc](#) - see [Raven Life](#)

Parent/Guardian Ed Series with Foundry: Vaping Information Session – June 12

Please join Foundry North Shore, as we welcome you to a FREE Community Conversation on Youth & Vaping - Information, Considerations & Impacts – June 12 at Rockridge Secondary School.

This evening event will be led by keynote speakers: Lindsay MacDonald and Lauren Wilkinson, both of whom have extensive knowledge surrounding the world of youth and vaping.

Topics to be discussed will include: Youth vaping rates, stats, products, industry influence, health impacts including addiction, and local supports for youth.

Please keep an eye out for Eventbrite registration mid-May

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

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/>

Mental Health and Substance Use: A Resource for Educators and School Communities

[Language Matters! An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities](#) is now officially available on the [mental health and well-being](#) erase website.

Please find linked below a promotional poster with a QR code that you may share with your school community to raise awareness of the resource. [MHSU Language Guide Promotional Poster.pdf](#)

A webinar will be hosted on May 8, 2024 (12:00-1:00 p.m. PT) during Canadian Mental Health Week, to provide an overview of how schools may use the guide. [Registration](#) to attend the webinar is required.

- If you have any questions, please reach out to EDUC.MentalHealth@gov.bc.ca

CMHA Mental Health Week: May 6-12

Rockridge's Mental Health Week offers a variety of activities to promote well-being:

- Monday kicked off the week with "Anxie Tea," likely a calming event centered around tea to alleviate anxiety.
- Tuesday, known as "Green Ribbon Day," focused on raising awareness about mental health and reducing stigma, as green ribbons often symbolize mental health awareness.
- Wednesday is dedicated to "Practicing Self-Compassion," suggesting activities aimed at fostering self-love and acceptance.
- Thursday encourages everyone to "Get Outside," recognizing the benefits of nature for mental health through outdoor activities.
- Finally, Friday is "Healthy Eating Day," emphasizing the importance of nutrition for overall mental well-being.

A Call to be KIND is this year's theme for Canadian Mental Health Associations Mental Health Week and will centre on the healing power of compassion. Resources are available at their website:

<https://cmha.ca/mental-health-week/toolkits/>

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

Homestay Families Needed

Each year, the West Vancouver School District welcomes students from around the world to live and study in our vibrant community. We strive to place secondary school international students with families who live in West Vancouver to support each student's integration into the school and wider community.

Share your home and your heart

1. Full-service homestay team support
2. \$28,000* in reimbursements
3. Single placements and 5-month students available

*Based on two international students both hosted from September to June.

If you are interested in hosting an international student, please reach out to our Homestay Coordinators at homestay@wvschools.ca. More information about the homestay program is available on our website at <https://westvancouver.schools.ca/international/>.

WVML e-newsletter

The WVML Late April / May 2024 e-newsletter for kids, families and educators is here! We still have lots going on, even with the weather taking a beautiful turn. **Click [here](#) to view**

- **As always: everything is free, open to all and no library card is required.**

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>

Youth Friendly North Shore

The North Vancouver District in partnership with the North Vancouver RCMP, the City of North Vancouver and the District of West Vancouver are working together with the help of federal funding on creating a "Youth Friendly North Shore". The Youth Action Team audited 11 spaces in the North Shore communities and created a report for recommendations. The report findings can be found here:

<https://www.dnv.org/sites/default/files/edocs/welcome-cohort1-report.pdf>

The committee will be reaching out for more youth to participate, particularly youth in West Vancouver!

ACTION ITEMS FOR ROCKRIDGE PARENTS/GUARDIANS

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.

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.

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](#)

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

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.