



ROCKRIDGE

ESSE QUAM VIDERI



Jan 9, 2025

ROCKRIDGE LINKS:

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Follow Rockridge Secondary on Instagram](#)

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Morning Announcements: *Bookmark this link for daily news, updates and Rockridge Athletics schedules*

CALENDAR UPDATE	
Thurs, Jan 9th	<ul style="list-style-type: none"> Gr. 7 into 8 Parent Night 6:00 – 7:30pm - see poster in Raven Life
Fri, Jan 10	<ul style="list-style-type: none"> LSP to Grouse Mtn 9:00am – 3:00pm Flock to the Rock-Winter 2024/25 - Feeder schools visit Rockridge
Mon, Jan 13	<ul style="list-style-type: none"> Graduation Literacy Assessment 10 - January 13 – 17 Tour of The Rock 12:00 – 1:00 pm
Tues, Jan 14th	<ul style="list-style-type: none"> Graduation Literacy Assessment 10
Wed, Jan 15th	<ul style="list-style-type: none"> Graduation Literacy Assessment 10
Thurs, Jan 16th	<ul style="list-style-type: none"> Collaboration Day 9:30 AM start for students (schedule below) ROPAC Meeting 9:30 – 10:30 AM - Players Hall Ravens Spirit Day – Wear School Merch & Watch Triple Header BBall Jazz Camp Evening - rehearsal for VSO Encounters
Fri, Jan 17th	<ul style="list-style-type: none"> Graduation Literacy Assessment 10
<u>FULL ROCKRIDGE WEBSITE CALENDAR with BLOCK ROTATIONS</u>	
<u>2024-25 At A Glance Calendar</u>	
<u>WV Youth Services click here</u>	

A MESSAGE FROM THE PRINCIPAL

Happy 2025 and welcome back, Rockridge families and E-Bulletin Readers! It's been wonderful to see such a positive energy filling the school this week. Students are reconnecting with friends and diving back into routines, clubs, and teams after a well-deserved winter break. It is so nice to sense the joy from the east to west wings. Raven basketball, wrestling, and the ski team have already been active both at home and on the road. For updated game schedules, simply click on the Morning Announcements link under **ROCKRIDGE LINKS** at the top of this E-Bulletin (it is always posted there).

As the new year kicks off, we're already preparing to welcome our future Ravens for September. Tonight, I'm excited to meet new students and families at our **Grade 7 into 8 Parent Night** at 6:00 PM. Later this week, we'll host our inaugural **Flock to the Rock** event on Friday afternoon. Details for this

exciting event can be found on our Instagram account and in this week's **Raven Life PDF**, attached to the E-Bulletin email as always.

The first week back can also be a lot for students and families to manage with earlier wake up times and calendars to follow once again. Please encourage your child to speak with their teachers if they have questions about getting back underway with their courses in this first month of 2025. In fact, a great question to ask your child regularly is what they have planned for **FIT** (Flexible Instruction Time). FIT is an excellent time to connect with teachers to ask questions, get clarification and receive extra help on past and upcoming assignments. In my experience, students who have a plan at the start of a FIT day, use this time more effectively. Two more pieces for our parents/guardians this week are; please be sure to review the Parent Teacher Conference information below and I hope you will consider attending our January PAC meeting next Thursday.

*Be sure to check out this week's attached **Raven Life PDF**. It is another fantastic edition! You'll see updates on student learning, sports, posters of upcoming events, photos and more from the first week of 2025 at The Rock.*

PARENT TEACHER VIRTUAL CONFERENCES – Wednesday, January 29 FROM 1:00-3:00pm, 3:30-5:00pm

We are once again using an online Parent-Teacher Interview scheduling program

(<http://rss.schoolappointments.com>). Access to the system opens at 6:00 pm on Monday, January 13 and will close at 10:00pm on Sunday, January 26. You will be able to create an account, enter your children and then schedule interview times for you to meet with their teachers virtually. Please review [these instructions](#) to set up your account and book appointments.

Appointment scheduling will run in five-minute intervals. It is advisable to schedule your appointments with one five-minute block in between, to allow yourself time and not be rushed. There is a maximum of three appointments per student. Due to a limited number of timeslots, it is recommended that parents make their teacher selections accordingly. However, while this time is specifically set aside for parents to connect with teachers, at Rockridge we always welcome parents to reach out to teachers via email should you have further questions.

The system is very easy to use, and it should take only a few minutes to set up your account, add your children and schedule your appointments. To get started, click on the "REGISTER" tab. See the attachment for detailed instructions. On the day of the appointments - please review [these instructions for how to access the meetings through google meet](#).

FROM YOUR MYP COORDINATORS:

Hello Parent/Guardian Community! Welcome to 2025!

We would love your help with some **reflection** of the Middle Years Program (MYP) here at Rockridge. As part of our upcoming Evaluation by the IB (in April), we are required to complete a Self-Study looking at how we implement the various aspects of the program. YOU get to be a part of this too!

We would truly appreciate you taking the time to click and complete [this form](#)! Your feedback contributes to the wider reflection and consolidation process we go through as a learning community.

Thank you - Meghan LeSieur & Rhonette Millare

COLLABORATION DAY - Thursday, Jan 16th

During our upcoming collaboration time, the school is open, and students are encouraged to attend, but it is not mandatory (attendance will not be taken during this time). Students may use this time to complete assignments and other incomplete work. Students who are in attendance during collaboration time will be stationed in the cafeteria where we will have staff supervising. For students planning to work from home, they are reminded to arrive on time for their first block of the day which begins at 9:30 am. See the bell schedule for the day below.

COLLABORATION DAY SCHEDULE

COLLAB DAY	Times
School Collab (55 min)	8:30 - 9:25am
Break (5 min)	9:25 - 9:30am
Period 1 (65 minutes)	9:30 - 10:35 am
Break (10 minutes)	10:35 - 10:45 am
Period 2 (60 minutes)	10:45 - 11:45 am
Break (10 minutes)	11:45 - 11:55am
Period 3 (60 minutes)	11:55 - 12:55 pm
Lunch (45 minutes)	12:55 - 1:40pm
Period 4 (65 minutes)	1:40 - 2:45 pm

West Vancouver Schools Registration Opens January 15th, 2025

K-12 registration for both in-district and out-of-district students opens on January 15! If you have students in your family or network who are looking to join our district, please help spread the word about this important date.

West Vancouver Schools offer a wonderful opportunity to be part of a community that values excellence in education. Our schools take pride in creating meaningful learning experiences and providing opportunities that support the growth, well-being, and success of every student.

To learn more about registration expectations and processes, please visit our admissions page: [West Vancouver Schools Admissions](#)

TOUR OF THE ROCK DAY

The next tours will be this Monday Jan 13th followed by Feb 10th & March 10th. Tours are 12:00 to 1:00 PM. 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 for our next school tour. The Tour of the Rock is hosted and led by our principal or vice-principal and senior student leaders. Inquiries and RSVP: rockridge@wvschools.ca

PERSONAL DIGITAL DEVICE EXPECTATIONS

As we reflect on the first four months of the school year, we're proud to recognize the progress we've made together in implementing our Personal Digital Device (PDD) expectations. Thanks to the collective efforts of our students, families, and staff, we've seen a significant improvement in how digital devices are used in our schools. This has fostered more focused and engaged learning environments, aligning with our shared goal of supporting student success.

This success would not have been possible without everyone's ongoing support and commitment. While we celebrate these strides, it's important that we remain consistent in maintaining these expectations and continue to remind and support students to ensure this positive momentum is sustained.

Why We're Doing This

The purpose of these expectations is to minimize distractions and maximize learning opportunities. Digital devices, when used appropriately, are powerful tools for collaboration, creativity, and communication. However, ensuring they don't interrupt instructional time or disrupt the learning environment remains a priority.

What You Can Continue to Do

Here are some ways families can help reinforce these expectations at home:

1. **Celebrate Progress** -Acknowledge your child's efforts in adhering to the guidelines and discuss how this has positively impacted their focus and learning.
2. **Reinforce Healthy Habits** - Continue encouraging a balanced approach to device use at home by promoting activities like reading, outdoor play, and family time.
3. **Model Consistency** - Show your support by modeling mindful device use when on the school grounds or in the school building AND during shared family time.
4. **Support School Communication** - Please avoid contacting your child during instructional time, this includes communication through phones and smartwatches. Remind them that non-urgent messages can wait until after school. If urgent communication is needed, please contact the school office.

5. **Stay Engaged** - Revisit the Parent/Guardian Guide to Personal Digital Devices to refresh your understanding of the expectations and discuss them with your child.

Thank you for your partnership and continued support in making this initiative a success.

ROCKRIDGE SCHOOL NEWS

FAST (First Aid Swim Training) Program - Applications for the 2025-2026 School Year Are Now Open!

The **First Aid Swim Training (FAST) Program** is a unique opportunity for students to develop the essential skills and confidence to become successful lifeguards while also building leadership and resilience.

By the end of the program, students will earn **key certifications** that are prerequisites for the **National Lifeguard Course**, which they can take independently at age 15 or older. Completing the National Lifeguard Course qualifies students to work as lifeguards, opening doors to meaningful, in-demand employment.

Certifications earned in FAST include:

- **Bronze Medallion**
- **Bronze Cross**
- **Standard First Aid & CPR-C**

Program Highlights:

In addition to earning certifications, the FAST Program provides a practical foundation in:

- **First Aid Training:** Building strong emergency response skills
- **Swimming and Stroke Development:** Improving confidence and technique in the water
- **Cardiovascular and Resistance Training:** Developing fitness and endurance
- **Leadership Development:** Encouraging teamwork, communication, and responsibility

This program is ideal for students interested in aquatics, leadership, and gaining valuable job-ready skills. [CLICK HERE TO LEARN MORE AND APPLY NOW!](#)

PHE Outdoor Recreation program

Ready to take your PHE experience to the next level? The district is offering a PHE Outdoor Recreation program for grades 10-12, with grade 9 students eligible by PHE teacher recommendations. Students in the program will experience many outdoor adventures such as kayaking, sailing, snowshoeing, and skiing, and will participate in multi-day backpacking and kayaking trips. Throughout the year, students will work towards certifications such as Avalanche Safety, Remote First Aid, Belaying, and Paddle Canada (Kayaking). When we're not out on exciting trips, we stay local, honing our skills like knot tying, shelter building, teamwork, and compass reading, or playing games. This course is about learning how to recreate responsibly while having fun as you encounter new challenges and explore the natural world. And the best part? No experience is necessary—just bring your enthusiasm and a desire to be outside.

If you're ready to get outside, try new things, and make unforgettable memories, check out the program on the West Vancouver Schools website for more details and application information: West Vancouver Schools Outdoor Recreation Program. <https://westvancouver.schools.ca/programs/outdoor-recreation>

ROCKRIDGE LSP is taking the plunge, again!

That's right! We loved this freezing cold fundraiser so much last year that we have registered *"The Chilly Ravens"* once again! If you would like to sponsor our team, please click [here](#)

Rockridge LSP will participate in the **North Shore Polar Plunge** on February 18th at Ambleside. This awesome and icy cold event raises money for [Special Olympics BC](#).

ROCKRIDGE PAC NEWS

January PAC Meeting

Our first PAC meeting of the new year is on Thurs, January 16th, 9:45 am, in the Learning Commons. We are excited to welcome Constable Yee from the WVPD, who will be joining us to discuss his role with West Vancouver schools and speak about our kids, their digital footprint and its impact.

Thank you for making Staff Appreciation Special!

A huge shoutout to our incredible parent community for helping make the Staff Appreciation Luncheon on December 20th so memorable! Whether you contributed food, funding, or volunteered, your efforts created an unforgettable event. The amazing spread of delicious dishes and festive décor was deeply appreciated by our hardworking staff and administration - what a perfect way to kick off the holiday season!

Check out photos of the event [here](#) and relive the magic of the day!

Save the date: January P2P Coffee

Start 2025 on the right note by joining us for the first P2P coffee of the year on Friday, January 17th at 9 am at The Bakehouse at Dundarave. It's a perfect way to warm up on a cold January morning and catch up with your fellow parents!

Follow ROPAC on [Facebook](#) and [Instagram](#) Rockridge WhatsApp Groups: [Parent Info](#) (brief one-way info) and [P2P](#) (parent conversation).

ROCKRIDGE SENIOR STUDENTS' INFORMATION

Rockridge Grad Class Calendar 2025

To assist parents and students in the Grad Class of 2025, please see the following Rockridge calendar links:

- **For Students:** bit.ly/postsecondaryrockridge
- **For Parents & Guardians:** [Here is the link to view the calendar using your browser](#)

Rockridge Grad Winter Formal

Grads are invited to attend their Winter Formal on Thursday, January 30th, 6:30-9:30pm at The Pinnacle Hotel North Shore Ballroom. Tickets are available for purchase on [School Cash Online](#) from January 9 - 18th with limited seating. Permission forms are attached or available at the School Office.

ROCKRIDGE ATHLETICS

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. See *Raven Life* for highlights from the past week.

We are always looking for passionate individuals who want to create positive experiences for our student athletes. If you are keen to volunteer your time with us next year, please complete the Coaching Expression of Interest form linked below: [Expression of Interest Form](#)

Should you have any questions do not hesitate to reach out to our Athletic Director Mr. Stefanon, mstefanon@wvschools.ca *Go Ravens!*

COUNSELLORS' CORNER

West Vancouver Schools Counselling

At West Vancouver Schools, we acknowledge the importance of high school course selection, post-secondary guidance and the role of schools in supporting improved student mental health outcomes. We maintain a collaborative website with the counselling teams from Rockridge, Sentinel and West Vancouver Secondary. In this website there are an abundance of resources for students that will help guide them to whatever level of education they desire: from grade school to graduate school. You can find the [Counselling site](#) under the DEPARTMENT tab on the [Rockridge Secondary School website](#).

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.

ROCKRIDGE COMMUNITY NEWS

For "Community Connections" including local programs, events, and resources click [HERE](#).

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. \$28,000* in reimbursements
2. Full-service homestay team support
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/>.

ACTION ITEMS FOR ROCKRIDGE PARENTS/GUARDIANS

Online Policies & Procedures Form 2024-2025 - Now at 84% of online consent forms completed!

This online verification and consent form requires a parent login and must be submitted for each student at the start of each school year. We ask that it is submitted ONLY ONCE PER STUDENT in September, as the upload gets very onerous with multiple submissions. For later changes, please inform the office.

- If you previously created an account to complete the 22/23 form, the account is the same.
- If you have forgotten your password, you can follow the instructions to reset it.
- Once logged in, you will have the option to either update a P+P form created last year or start a new one.
- Without a completed consent form, students will not be permitted to attend field trips, join school teams or have their photos included in the yearbook. Permissions expire on August 31 each year.

FEEDING FUTURES

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 Mr. Kolkea tkolkea@wvschools.ca or to feedingfutures@wvschools.ca if they need support with food-related costs. Please be assured that all requests will be addressed with sensitivity, respect, and confidentiality.

Annual Winter Weather Reminder - See [Weather Closures and Procedures](#)

With the recent weather events and the potential of flurries, we wanted to remind everyone of the West Vancouver Schools *Winter Weather* protocols.

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.

Please check the [school district website](#) for the most current information on school closures.

FAQ & HELPFUL INFORMATION

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 and reason for absence 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.

ROCKRIDGE CALENDAR

- This is a very helpful resource to access for daily block rotations and school events.
- Please click the following link to access the [FULL ROCKRIDGE WEBSITE CALENDAR](#)
- Then click *Subscribe* in the task bar above the calendar.
- Please ask your child if they have subscribed as well!

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.

MYED BC Parent Portal

For all students and parents, logging into the MYED portal is a very important step in supporting your child's learning and progress at Rockridge.

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

School Drop Off/Pick Up Safety

As you are probably aware, there can be heavy traffic around our school site at opening and dismissal times. It is difficult for vehicles to enter and exit our school parking areas as well as the Caulfeild Mall. The passage of emergency vehicles would be impeded which is of considerable concern. Please consider carpooling, dropping off and picking up your children at a predetermined location away from the school property, and encouraging active transportation (biking, walking). Another helpful action, if possible, for those that have to drive is dropping off your child early. An 8:00 AM arrival is always a great plan and chance to hang in the cafeteria, get some work done at a hallway workstation, or connect with a teacher.

Please note that designated visitor parking spaces at the front of the school are a 'no parking' zone in the morning and after school. The driveway in front of the school entrance is a NO STOPPING zone. All numbered parking spaces are designated for individual staff members. Please do not park in these spaces at any time during school hours.

ATTENTION DOG WALKERS

The Rockridge sports field is a Classroom space, used by classes and teams, many of which have begun regular practices and games this fall. There has been a large amount of Dog Poop that is not only a distraction and slipping hazard, but also a health issue. We remind our community members that West Vancouver Bylaw prohibits dogs on the field and thank you for your cooperation in respecting this outdoor classroom space. *We would appreciate it if you would pass this on to other community members who should have this information.