



ROCKRIDGE PRESENTS

ROCK AT THE ROCK



16.10.2025 | **Rockridge Secondary 4:30**

SENIOR NIGHT
COME OUT AND SUPPORT OUR AWESOME
VOLLEYBALL SENIORS WITH A CRAZY ROCK AND
ROLL THEME NIGHT

Follow our Raven teams on Instagram for posts like the ones above helping you keep up to date and celebrate our teams. @Rockridge.Ravens.Athletics



Rockridge Ravens fall teams are training and competing on the trail, pitch and gyms across the North Shore and beyond. We love to have fans in the stands cheering on our Ravens. Check the [Morning Announcements](#) for team schedules and make time to come out and support Ravens Athletics.



Rockridge Interact Presents



PUMPKINS

October 18

10AM-1PM

📍 Rockridge Secondary

FOR

POLIO

Come by Rockridge on Saturday to pick up your pumpkins for Halloween and support a great cause.



From the Fur Trading card game to interacting with real beaver, bear and otter furs, Ms. Selzer and Ms. McDonald's Socials 9 classes have been the place to learn about Canadian history.





Mr. Pandher's Careers 9 lesson during FIT today involved a special guest - our lead EA Isabell Nielsen who spoke about the service opportunities available through the Greater Vancouver Food Bank. A lovely connection to our MYP service learning objectives.



Aviation Career Exploration (ACE) Takes Flight!

This week, a group of students teamed up with the Careers Department to participate in the Aviation Career Exploration (ACE) program — a hands-on, site-based experience that opened up the world of aviation careers. From meeting pilots and flight attendants to exploring aircraft maintenance and operations, students gained an exciting, behind-the-scenes look at what it takes to keep the skies moving!



GLOBAL COFFEE FUNDRAISING

Our coffees are roasted freshly to order in small batches to ensure you get the perfect cup of coffee.

Organic & ethically sourced. 100% Arabica beans.

Resealable zip-lock bag for freshness.

Order online at www.globalcoffeefundraising.ca/rockridgemusic

LIGHT ROAST



\$20

454g

Morning Java

This lighter brew will give you a bold flavor that wakes you up, and a smooth flavor that will make you happy you didn't hit that snooze button.

MEDIUM ROAST



\$20

454g

Ravens Brew

A carefully crafted blend of beans, specially roasted to create a rich, sweet coffee.
A favorite all day coffee!

DARK ROAST



\$20

454g

Midnight Jazz

This is not your average joe. This four bean blend is roasted to perfection and will have you chugging your mug and begging for more.

ESPRESSO ROAST



\$20

454g

Kick Start Espresso

A unique espresso blend with a bold, intense flavor and sweet undertones. This blend makes a superb espresso. Excellent as a drip coffee too!

DECAF



\$20

454g

Jitterfree Decaf

All the flavor of real coffee without the Jitter!
This decaf offers a traditional rich, bold cup of coffee.

HOT CHOCOLATE



\$17

454g

Premium Hot Cocoa

The kids need something fun! Stock up with a 454 gram bag of specialty gourmet hot chocolate.

Help Support Us!

By purchasing any of the products above, you are helping us reach our goal!



ROCKRIDGE
ESSE QUAM VIDERI

Rockridge Music Department
COFFEE FUNDRAISER

Global Coffee Fundraising | www.globalcoffeefundraising.ca | Phone: 604.618.6085



Personal Project Exhibition



SAVE THE DATE

FEB. 5, 2026 - 6:00 - 7:30 PM

Rockridge Secondary - 5350 Headland Dr., West Vancouver

Mark those calendars Grade 10 Families! The Personal Project Exhibition is set for Feb. 5, 2026!





ROPAC Winter Plant Fundraiser

ORDERS OPEN!

Order by Tue, Nov 18th

Pick up: Wed, Dec 3rd at Rockridge

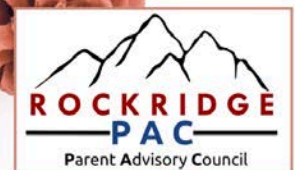
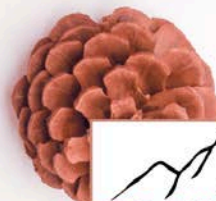




ROCKRIDGE PAC

DONATIONS NEEDED

We're collecting items and services for our upcoming Holiday Silent Auction. All proceeds go toward the teachers wish list and enhancing our school programs. If you or your business can contribute, we'd love your support by November 28th. Contact ropac@wvschools.ca





DPAC *parent evening with* Dr. Molly Lawlor

Equipping the Whole Child for Life: Helping kids build strong friendships, manage big feelings and bounce back from challenges—using brain science and mindfulness to support learning and growth.

Monday, October 20th

Join us for an evening with Dr. Molly Lawlor—who helps children and teens learn how to understand their feelings, build confidence and form healthy relationships. She is the lead author and Principal Scientific Advisor for MindUP—an evidence-based program that teaches kids how their brains work and gives them tools to manage emotions and thrive in school and life.

REGISTER HERE

What You will Gain From This Evening



Understand

Parents will gain an encouraging new view of adolescence as a time of opportunity and growth, not just stress or risk



Learn

Parents will leave with simple, everyday strategies to help their child handle stress, big emotions, strengthen friendships and feel more ready to learn.

**KAY MEEK THEATRE 6:30 -
1700 MATHERS AVE 8:00 PM
WEST VANCOUVER**



**WEST
VANCOUVER
SCHOOLS DPAC**

Register [Here](#)



ROCKRIDGE PAC EVENTS YEAR AT A GLANCE 2025/26

SEPT.	3rd - Welcome Parent Coffee	5th - New & Gr8 Family Pancake Breakfast	11th - ROPAC table at Meet the Teacher	16th - ROPAC Meeting 6:30pm
OCT.	9th - P2P Pub Night at Red Lion	14th - ROPAC Meeting 8:30am	20th - DPAC Parenting Talk: Dr Lawlor	
NOV.	14th - P2P Coffee at The Bakehouse	18th - ROPAC Meeting 6:30pm	18th - Order Deadline Holiday Plants	28th - Last Day to Donate Items - Online Auction
DEC.	1st - Online Auction Opens	3rd - Holiday Plant Pickup & DPAC Post-Secondary Info Talk	12th - Online Auction Closes	19th - Staff Appreciation Holiday Lunch
JAN.	9th - P2P Coffee at The Bakehouse	13th - ROPAC Meeting 8:30am	24th - Rockridge Parent Party	
FEB.	17th - ROPAC Meeting 6:30pm	27th - P2P Coffee at the Bakehouse		
APR.	10th - P2P Coffee at The Bakehouse	14th - ROPAC Meeting 8:30am	TBD - Spring Plants Orders Open	
MAY	TBD - Spring Plants Pickup	14th - Staff Appreciation Morning Brunch	26th - ROPAC AGM 6:30pm	TBD - Rockridge Golf Tournament

For more details: Facebook: Rockridge Secondary PAC – ROPAC | Instagram: @rockridgepac | Email: ropac@wvschools.ca

