



Rockridge Terry Fox Run. Our School Goal for 2025 is \$2100.00. This year's theme is Finish It. Our donation page remains open until the end of the month: <https://schools.terryfox.ca/100374>



Our Gr. 10 Mentorship students participated in a two day retreat with Ms. LeSieur and Ms. Ferrajohn to help build their leadership skills to best support the class of 2030 who they will be closely supporting this year.



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. Above Left: the start of the senior xc relay at Ambleside yesterday where Rockridge Sr. Girls finished first in their division! Above Right: Senior girls volleyball opening night at Argyle



If your child is under 13

- They SHOULD NOT be using Discord.
- As soon as they enter school grounds, their phone should be put away and not brought out again until they leave school grounds
- Consider holding off on getting them a phone as long as possible and if you do get them a phone, make sure you establish rules and guidelines over its use.

Did you know?

- DM refers to a private discussion with a certain person on Discord.
- GDM refers to a group messaging situation of up to 10 invited people. Be aware that because of the limit, users can end up feeling left out if they are outside of the 10.
- Through Discord, students can end up being exposed to inappropriate content, cyberbullying and unknown contacts.
- Gamers still make up the lions share of Discord participants. Online gaming is one of the main ways predators groom their victims.

If your child has Discord

- Make sure they are old enough to be on it - remember, at least 13!!
- Users are able to BLOCK and REPORT other users who are not following community guidelines. Make sure your child knows how to do this.
- Talk to them about their Discord use on a regular basis - find out what they're doing and who they are communicating with.
- Familiarize yourself with all of the safety settings and features then talk to your child about online safety and your family values and rules.
- Remember, YOU are the adult! If your child is not using Discord safely, you can shut off their data or wifi.



P2P FALL PUB NIGHT

Thursday, October 9th, 6:00 - 9:00PM
Red Lion Bar & Grill, Dundarave

Early Bird Pricing: \$10 until Oct 1st
Regular price: \$15



buy tickets!





**KAY
MEEK**
ARTS CENTRE

**CULTURE
DAYS**

GROSVENOR
THEATRE

BACKSTAGE PASS

**KAY MEEK ARTS CENTRE
OPEN HOUSE**

**Sunday, September 21
2:00 PM – 5:00 PM**

**FREE
EVENT FOR
ALL AGES**

**TOUR THE THEATRE | LIVE MUSIC | KARAOKE
TICKET GIVEAWAY | CONCESSION OPEN**