

GRADE 9 STUDENTS
DESIGNING AND
MAKING BALANCED
BREAKFASTS
ACCORDING TO
CANADA FOOD GUIDE'S
EAT WELL PLATE MODEL!

FOODS 9



THANK YOU MS. GRANT FOR YOUR CREATIVITY IN OUR FOODS PROGRAM!



HOODIE
\$40



SCAN TO ORDER
PAY AT PICKUP



SHIRT
\$30



SOCKS
\$15



SOCKS
\$15

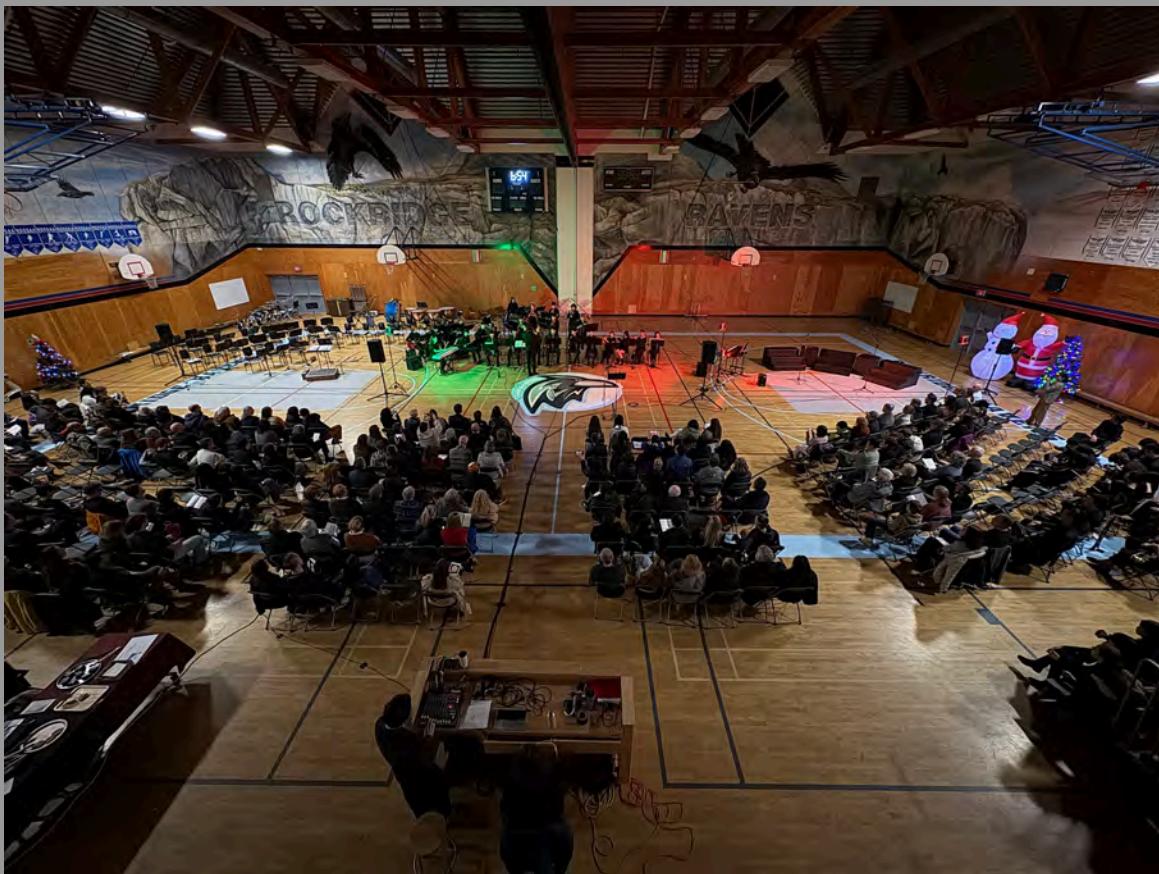


SWEATPANTS
\$40



Click [here](#) to order Rockridge Clothing





The Sounds of the Season Winter Concert was a beautiful, talent filled performance, with record numbers in attendance! It was a perfect way to kick off the holiday season and spark that Rockridge Magic.



Last weekend two of our Rockridge Model UN Club members participated in the Sentinel Model UN Conference and won the top awards!



ADD A LITTLE WARMTH & SPICE TO SOMEONE'S LIFE!



SPICES & BAKING SUPPLIES DRIVE FOR THE NORTH SHORE FOOD BANK

Donate baking essentials & spices to help us spread comfort & joy this season!

Many families receive basic ingredients from the food bank, but the spices that bring meals to life are rarely available.

DROP OFF ITEMS NOW THRU DEC 31

DROP OFF AT THESE LOCATIONS:

- NORTH SHORE NEIGHBOURHOOD HOUSE
- NORTH VANCOUVER DISTRICT HALL
- SILVER HARBOUR SENIORS' ACTIVITY CENTRE
- WEST VANCOUVER SENIORS' ACTIVITY CENTRE

SUGGESTED DONATIONS

FLOUR, SUGAR, BAKING POWDER/SODA
VANILLA, CINNAMON, NUTMEG, GINGER
SALT & PEPPER, DRIED HERBS
CURRY POWDER, CHILI POWDER, TUMERIC

ANY NEW, NON-EXPIRED, NON-PERISHABLE
ITEMS, SPICES OR SPICE BLENDS



WANT MORE INFO?
EMAIL: COORDINATOR@TABLEMATTERS.CA
WEB: TABLEMATTERS.CA

Rockridge GSA accepting donations in front of the office

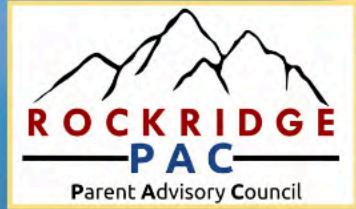


ROCKRIDGE PAC

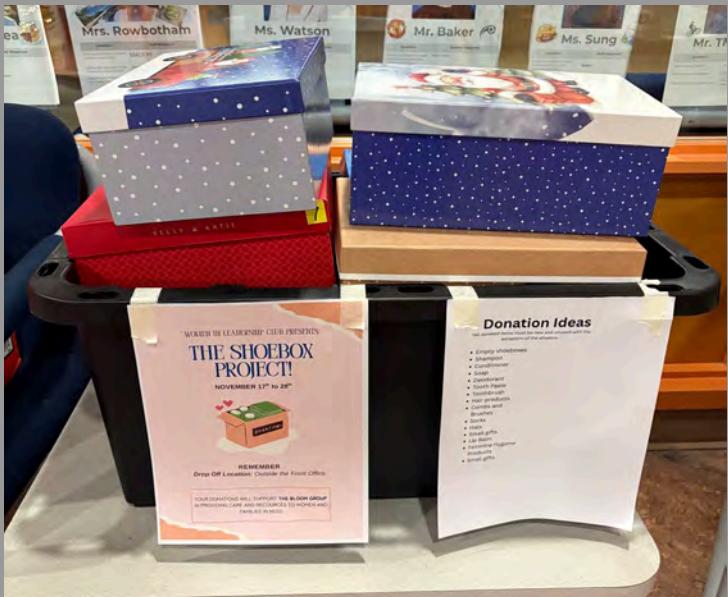
Holiday Online Silent Auction

Final Countdown!

Auction Ends:
Fri, December 12, 1:00pm



Last chance! Bid now before the auction closes tomorrow at 1:00 pm - support Rockridge and score amazing holiday finds. Click [this link to bid](#)



Rockridge Holiday initiatives have once again been making a difference for those in need on the North Shore and beyond.

Above - Jonathan Y. M.G.C. Annual Toy Drive for BC Children's Hospital.

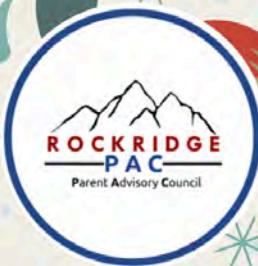
Below - Winter Clothing Drive for Covenant House & The Shoebox Project for The Bloom Group Women's Shelter.



Top Left: Jacob D packing donations, Top Right: Tiffany, Max, Echo and Anna packing 1200lbs of apples.
Bottom Left: Ryuki and Steven sorting. Bottom Right: Steven and Jacob moving materials.



ROCKRIDGE PAC



STAFF APPRECIATION HOLIDAY LUNCH

FRIDAY, DECEMBER 19

Help us spread some cheer with a festive holiday lunch for our Rockridge staff!

Scan to volunteer
and/or bring food



Scan to donate
to catering order



Please sign up and help us show our gratitude to the wonderful Rockridge staff!

Sign up [here](#) to volunteer and bring food and click this [link](#) to donate to support this festive lunch.





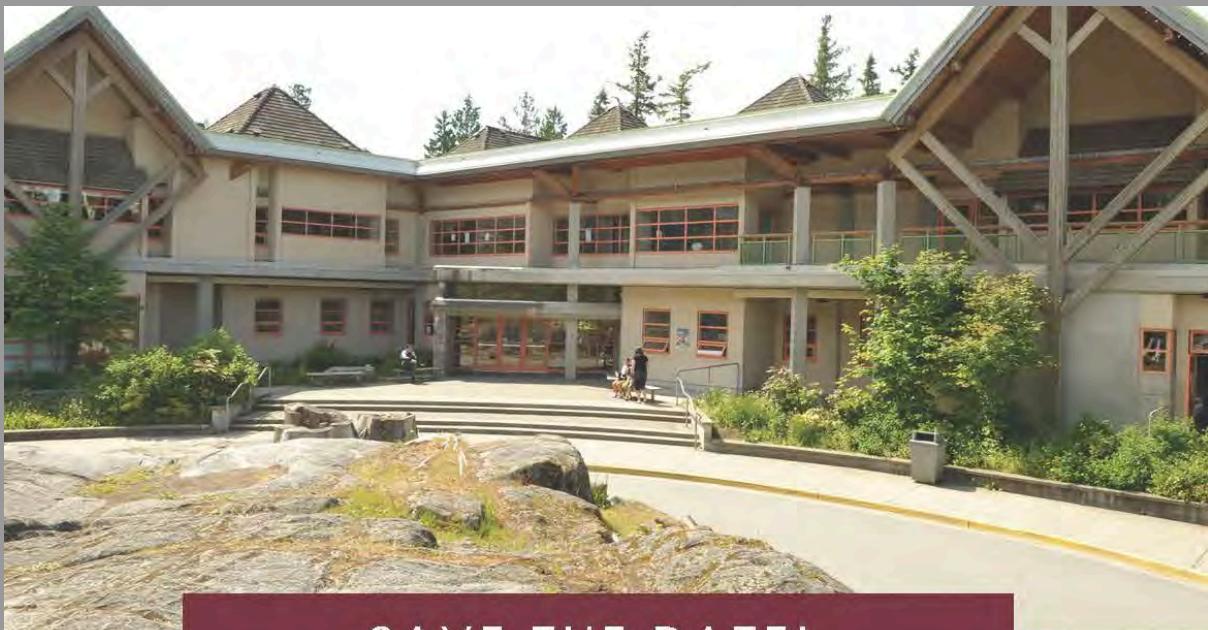
Come Chat with the Nurse!

Do you have questions about your body or health? Chat with the nurse for health tips, sexual health education info, free condoms, support and more!!

CONFIDENTIAL SUPPORT
EVERYONE WELCOME

Thursdays:
January 8
January 22
February 5
February 19
March 5

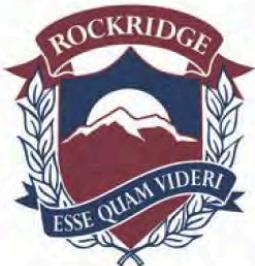
Drop-in 12:30-2pm
Office between the Athletic Director and Counseling Suite



SAVE THE DATE!

FOR OUR ANNUAL

INFORMATION NIGHT FOR INCOMING GRADE 8 STUDENTS AND FAMILIES



Date: Thursday, January 8th, 2026

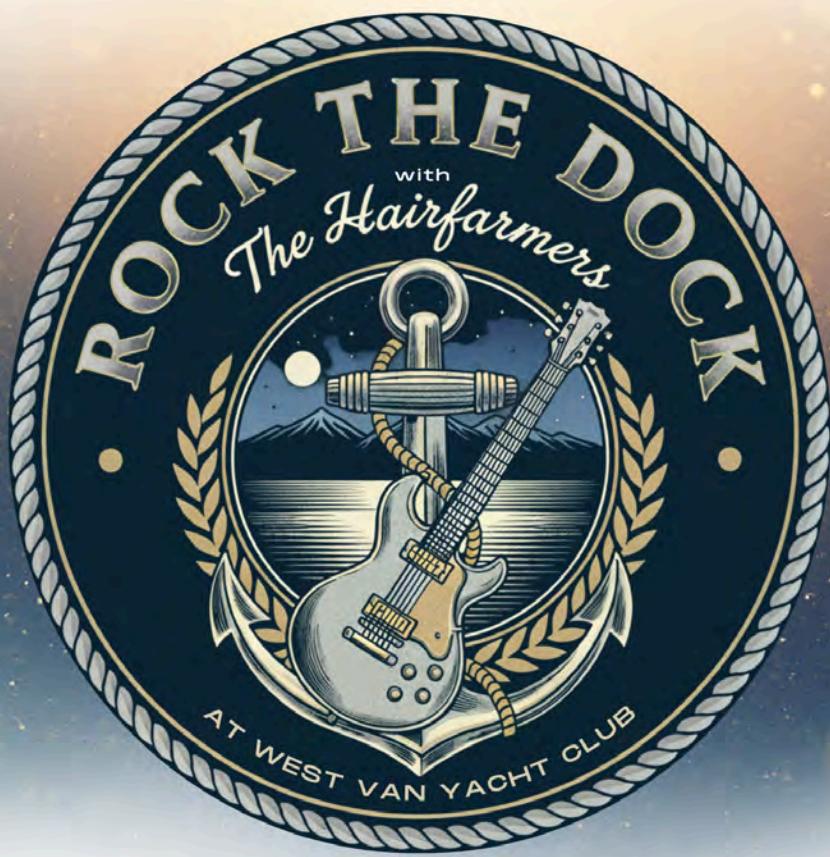
Time: 6:30* - 8:00 pm

Where: Rockridge Secondary
5350 Headland Drive, West Vancouver

*WE WILL BE WELCOMING BOWEN ISLAND FAMILIES TO TOUR
THE ROCK FROM 6:00-6:30PM SO THAT THEY CAN TAKE THE
EARLIER FERRY

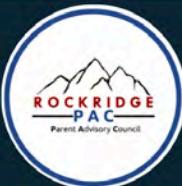


SAVE THE DATE



Saturday, February 28, 2026

Mark your calendars for an evening of live music, friends, and community spirit – all in support of Rockridge. Registration opens Dec 15th!





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!





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	15th - Rock the Dock Tickets Go on Sale
JAN.	9th - P2P Coffee at The Bakehouse	13th - ROPAC Meeting 8:30am		
FEB.	17th - ROPAC Meeting 6:30pm	27th - P2P Coffee at the Bakehouse	28th - Rock the Dock Parent Fundraiser	
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