



ROCKRIDGE THEATRE COMPANY PRESENTS
LITTLE SHOP OF HORRORS

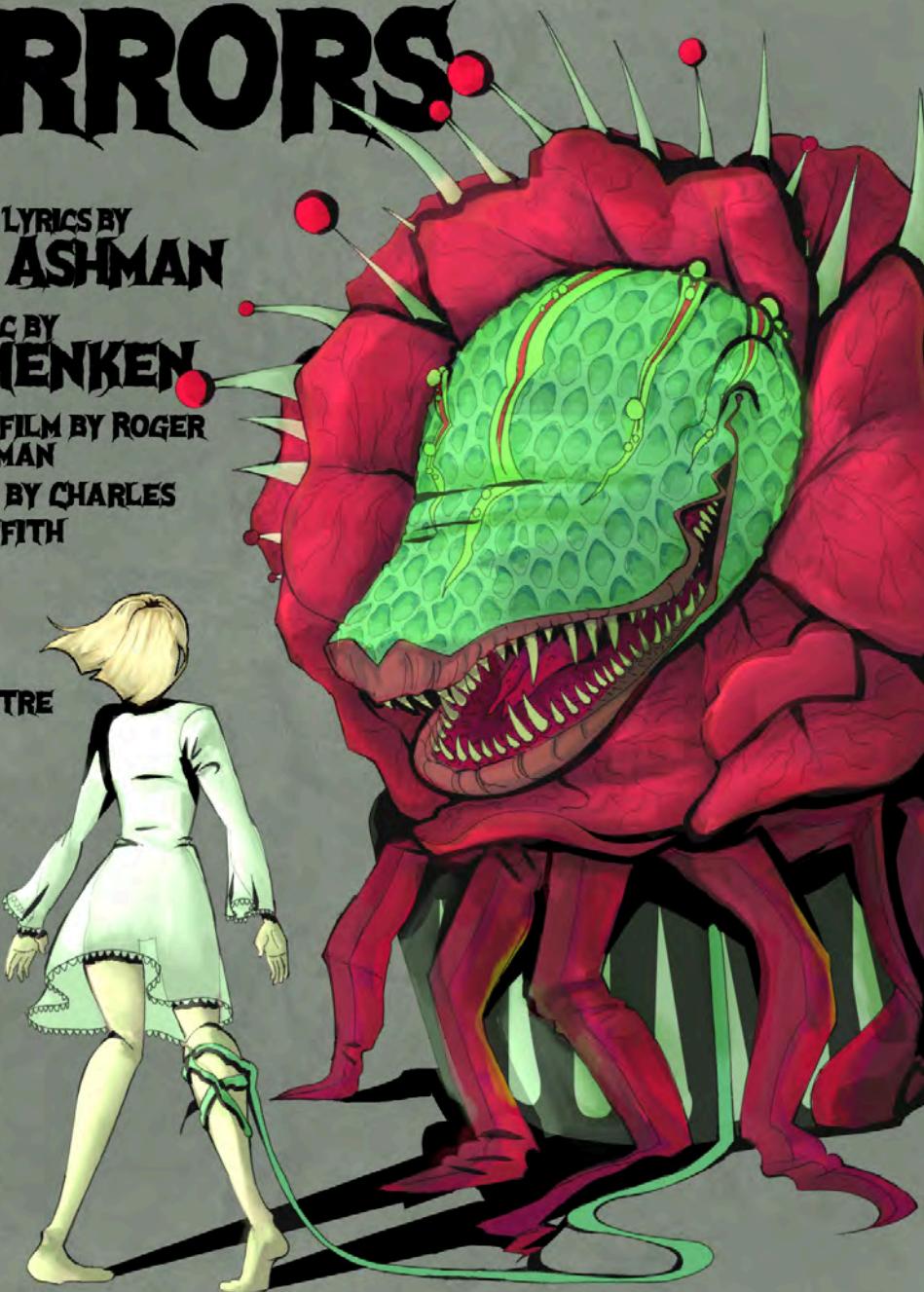
BOOK AND LYRICS BY
HOWARD ASHMAN
MUSIC BY
ALAN MENKEN
BASED ON THE FILM BY ROGER
CORMAN
SCREENPLAY BY CHARLES
GRIFFITH

APRIL 9, 10, 11
KAY MEEK THEATRE
DOORS 6:30
SHOW 7:00
PG 13

SCAN HERE



Bit.ly/rrtclsoh



Originally produced by the WPA Theatre (Kyle Renik Producing Director). Originally produced at the Orpheus Theatre, New York City by the WPA Theatre, David Geffen, Cameron Mackintosh and the Schubert Organization

Save the date!



Task Force Now's problem with procrastination

Three things our group has in common:

- Tends to gravitate toward activities that give you quick rushes of dopamine instead of work that will benefit them in the long term.
- Stress because of procrastination
- Not turning things in because of lack of motivation

Our goal as a group is to become more productive in the new school year. We will achieve this goal by setting up a system in our lives controlling our brain's dopamine. We can detox from things like, our phones, social media, and video games. By prioritizing and doing the hard tasks first and rewarding ourselves with quick dopamine routines without it seeming like we're rapping the band aid off.

Our group's emojis: 🎉 🎉 🎉 🎉 🎉

Dream it, believe it, achieve it.

Our Goal is to...

Improve performance and quality of work in English 9 by the end of term 2.

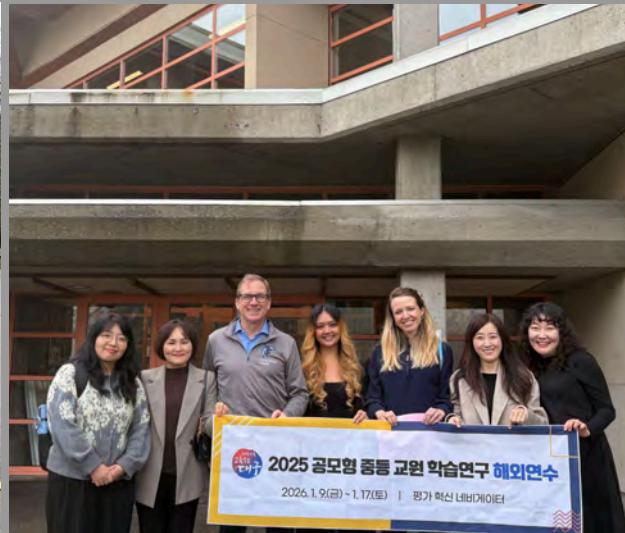
S. Improve performance and quality of work in English 9.
M. Improve my grades by grades from term 1 and other the term 2.
Report card.
A. Having sure work can be improved and using time wisely.
B. Learning
C. Aligning with goals from other subjects.
T. Improve by the end of term 2.

ENGLISH 9 CLASSES SPENT TIME REFLECTING ON LEARNING PERIOD 1 AND SETTING SMART GOALS FOR LEARNING PERIOD 2.

This is the schedule that we have created for ourselves

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Study at fit Universe we haven't gotten/Put phone to sleep by 9:30/wake ups	Break Daytime time could be used to go to the gym or play sports	Study at lunch/tuesday and thursday are interchangeable but phone away by 8:30 on weekends	Study at lunch (wednesday and thursday are interchangeable) but phone away by 9:30 on weekends	Break day/this time could be used to go to the gym or play sports	Get easier Community center (4:00 pm) Put phone away by 9:30 on weekends	Put phone away by 10 o'clock on weekends

Self-Management 101
with Ms. Chopra



Thank you to the Korean IB teachers from Daegu who visited Rockridge this week to learn more about effective program implementation, classroom practices, and school culture.

Rockridge Secondary School is widely recognized for its strong and well-established MYP program.

The group had the opportunity to visit and see the learning environment in person.



Jumy Ogunsoala, producer journalist with CTV News speaking to Political Science & Social Justice Students



Active Living Senior Students participate in Bubble Soccer



Rockridge students have been balling out over the last few months!

Amazing teamwork and effort from 7 different teams across all grades made this season bounce.

Nail biting finishes to highlight reel plays, this season has brought it all!





DPAC

parent evening with
Sarah Ward on Executive Functioning

Sarah Ward is an internationally recognized expert in executive function. Her practical, research-informed strategies are widely regarded as groundbreaking in supporting student learning and independence.

Drawing from executive function coaching approaches used with elementary, secondary, post-secondary students and adults, this session will help build academic success by exploring time management, task prioritization, long-term project planning and the development of independent learning habits.

**Wednesday, January 28th
\$20 per ticket**



REGISTER HERE

**KAY MEEK THEATRE
1700 MATHERS AVE
WEST VANCOUVER**

**6:30 -
8:30 PM**

What Parents will Gain From This Evening



Understand

Parents will gain a clear, reassuring understanding of how executive function skills develop over time, why children may struggle with organization and time management, and what is developmentally typical at different ages.



Learn

Parents will learn practical, easy-to-use strategies they can apply at home to strengthen their child's time awareness, organization, study routines and follow-through for academic success.



**WEST
VANCOUVER
SCHOOLS**

DPAC

Please use this [link](#) for registration.



ROCKPOP

DELICIOUS MOVIE-STYLE POPCORN

\$2 A BAG!

REMEMBER...
RAVENS DON'T LITTER,
SO IF YOU DROP IT,
PICK IT UP!

FIND US IN FRONT OF THE
OFFICE DURING LUNCH ON
THURSDAYS!



SOLD BY LSP ENTREPRENEURS



West Vancouver Schools

Parent & Guardian's Guide to Personal Digital Devices



While digital devices can enhance learning in many ways, allowing students to collaborate, create and communicate, it is important that they are used in a mindful and meaningful way.

Personal digital devices should only be used with the permission of a teacher or administrator. Additional considerations will be made to provide for student's health and accessibility needs, and accommodation requirements.

Elementary

Cell phones should NOT be used in elementary school.



Secondary

Cell phones should only be used in class if specifically required for a learning task

What can parents and guardians do to help?

- Understand the digital device expectations at your child's school
- Support and encourage your child's appropriate use of digital devices
- Refrain from contacting your child during the school day. If it's an emergency, contact the school office
- Personally model and encourage digital device boundaries



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





Personal Project Exhibition



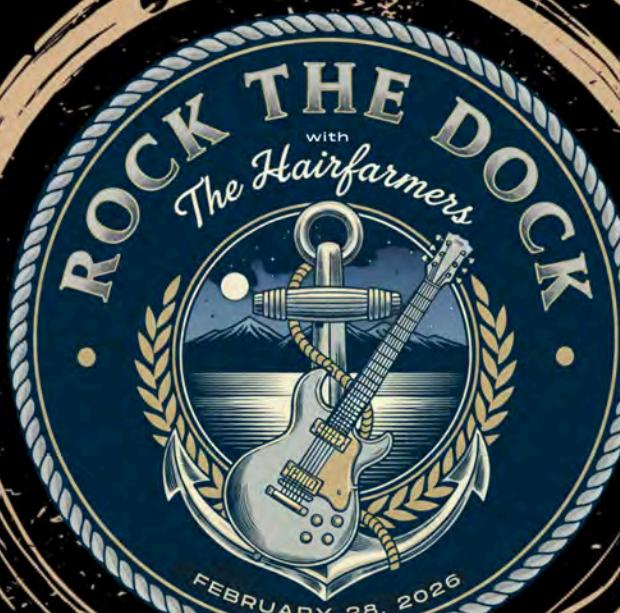
SAVE THE DATE

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!



Almost Sold Out! Grab Yours Now

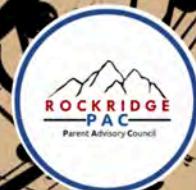


ROCK THE DOCK with
The Hairfarmers

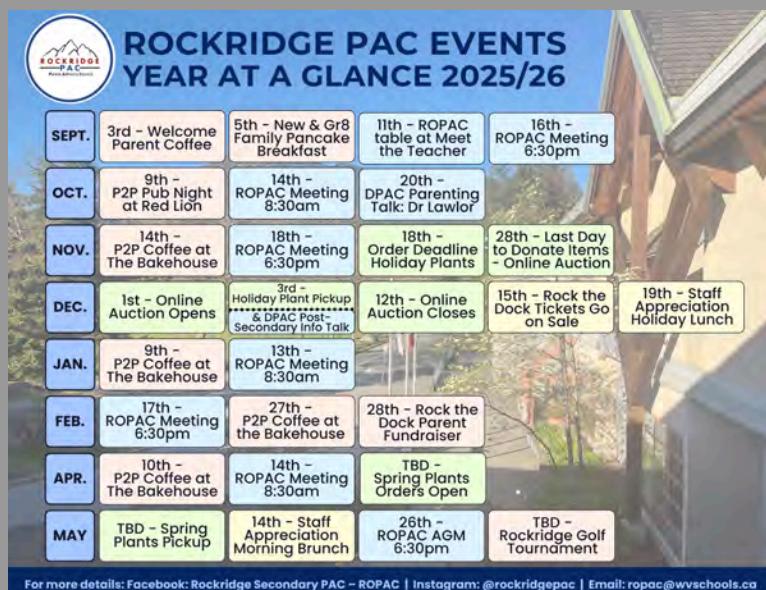
FEBRUARY 28, 2026

7:00PM till late
at West Vancouver Yacht Club
Live Music | Light Refreshments | Raffle

Early Bird: SOLD OUT | Regular Price: \$125
Limited Tickets Available



Buy your tickets to Rock the Dock parent social [here](#)



**ROCKRIDGE PAC EVENTS
YEAR AT A GLANCE 2025/26**

Month	Event	Date		
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	28th - Last Day to Donate Items - Online Auction
NOV.	14th - P2P Coffee at The Bakehouse	18th - ROPAC Meeting 6:30pm	18th - Order Deadline Holiday Plants	19th - Staff Appreciation Holiday Lunch
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	27th - Rock the Dock Parent Fundraiser	
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