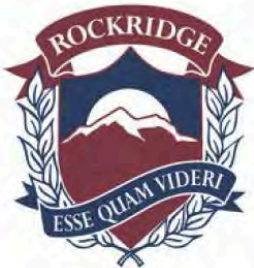


# TONIGHT!

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









Basketball action is back at The Rock. Above, Raven Senior boys in action with Howe Sound on their way to an 86 - 60 victory on Tuesday night at home.

Below: Rockridge Bantam Teams in Action





# DPAC

## *parent evening with* Sarah Ward on Executive Functioning

Wednesday, January 28th  
\$20 per ticket

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.

**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.





**\$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

Personal Digital Devices include any personal electronic device that can be used to communicate or to access the internet, such as cell phones, phones, laptops, tablets, smartwatches and any other portable technology device.



Laptops are the preferred device for school use.

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





**Almost Sold Out! Grab Yours Now**



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](#)





*Huge Thanks!*

*To our parent volunteers, bakers, and donors  
— your generosity and time made the 2025  
Staff Appreciation Holiday Lunch event a  
success. Such a great community!*



HOSTED BY ROCKRIDGE PAC



## P2P Coffee meet-up

*Enjoy a cuppa with  
fellow Rockridge parents.*

FRIDAY, JAN 9 | 8:45 - 10:30AM  
THE BAKEHOUSE DUNDARAVE





# Personal Project Exhibition

A central illustration of a globe showing the Americas, surrounded by various symbols: a blue rocket, a red paper airplane, a yellow star, a purple butterfly, and a yellow arrow, all set against a background of white clouds and a blue sky with a green firework.

**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!







Thank you

### Many Thanks to our Generous Auction Donors!


Adela Hohol, Althyrea, Andrew Black Golf, Anna Van Fitness, Marika-Mori, BFIT Health, Cactus Club Cafe, Cadences, Catching Stars Art Gallery, Clearwater Family, Clutterless Living, Creed Capital Management at National Bank, Foundation Reformer Pilates, Fuller Family, Gemini Foods, Gloria Chao Family Dentistry, Ground Up Climbing Center, Hayden Roth/Slack Tide Studio, Horseshoe Bay Health & Performance, iSkinPure, Janelle O'Connor, Kaje Living, Kim Taylor Real Estate, King Coaching & Consulting, Little Red House, Mariana Sola, Nellie's Clean, Northwest Properties, Olive & Anchor, Paloma, Peak Golf, Rebecca Donald, Sea to Sky Driving School, Skin and Tonic, Slack Tide Studio, Spirit Gallery, Swiss Sports Haus, Tania Brown, The Boat Shed Group, The World of Yoga School, Thunderbird Services, Treeline Collective, Vancity Cruises, Vancouver Art Gallery, Well Fed Studio, Whistler Medical Aesthetics, Whittall Real Estate Team, and Xoxo Westcoast Chocolate

**\$12,360**

Raised to support classroom enhancements and school programs for the 2025/2026 school year

### Congratulations and Thanks to our Top Bidders:

Alys Williams, Amanda Clark, Anaika Dayton, Anne LeBlanc, Catherine Anderson, Felicia Zhu, Heidi Scorgie, Hina Johnstone, Jana Niefer, Janelle O'Connor, Jennifer Catherine, Jessica Jenkin, Julie Menten, Kate Bake-Paterson, Keitha Elvin-Jensen, Kelly Richter, Kim Whittall, Krista Peters, Leslie Thomas, Li Lu, Lisa Sturdy, Mariana Sola, Melanie Skehar, Natalie Quilty, Pete and Rachel Clearwater, Ruth Brock, Ruthie Shugarman, Sachiko Yamanaka, Sheelah Donahue, Sheona McDonald, Shona Ferros, Tanya Mah, Teresa Corey, Will Coghlan, and Ziba Bozorgzadeh

 <b>ROCKRIDGE PAC EVENTS YEAR AT A GLANCE 2025/26</b>					
<b>SEPT.</b>	3rd - Welcome Parent Coffee	5th - New & Gr8 Family Pancake Breakfast	11th - ROPAC table at Meet the Teacher	16th - ROPAC Meeting 6:30pm	
<b>OCT.</b>	9th - P2P Pub Night at Red Lion	14th - ROPAC Meeting 8:30am	20th - DPAC Parenting Talk: Dr Lawlor		
<b>NOV.</b>	14th - P2P Coffee at The Bakehouse	18th - ROPAC Meeting 6:30pm	18th - Order Deadline Holiday Plants	28th - Last Day to Donate Items - Online Auction	
<b>DEC.</b>	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	19th - Staff Appreciation Holiday Lunch
<b>JAN.</b>	9th - P2P Coffee at The Bakehouse	13th - ROPAC Meeting 8:30am			
<b>FEB.</b>	17th - ROPAC Meeting 6:30pm	27th - P2P Coffee at the Bakehouse	28th - Rock the Dock Parent Fundraiser		
<b>APR.</b>	10th - P2P Coffee at The Bakehouse	14th - ROPAC Meeting 8:30am	TBD - Spring Plants Orders Open		
<b>MAY</b>	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