

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

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



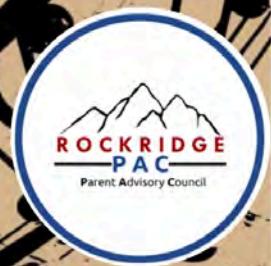


Almost Sold Out! Grab Yours Now



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



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!





Many Thanks to our Generous Auction Donors!

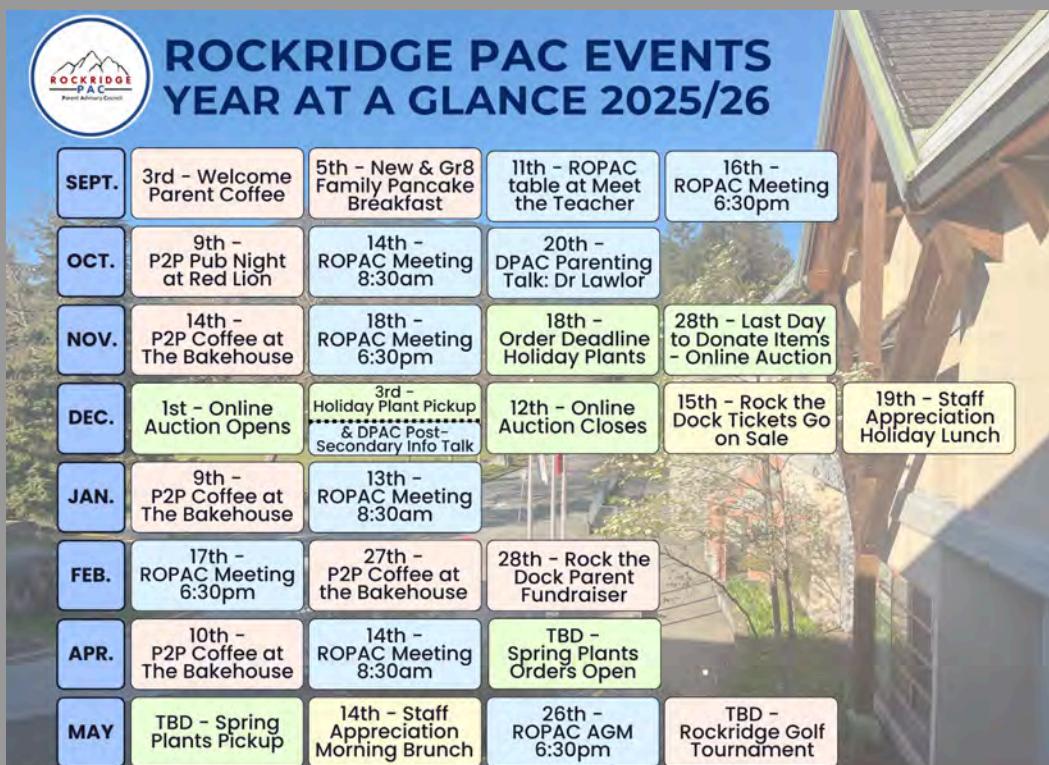
Adela Hohol, Althyrea, Andrew Black Golf, Anna Van Fitness, Marika-Mori, BFIT Health, Cactus Club Cafe, Cadences, Catching Stars Art Gallery, Clearwater Family, Clutterless Living, Creed Capital Management at National Bank, Foundation Reformer Pilates, Fuller Family, Gemini Foods, Gloria Chao Family 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, Keisha 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



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		19th - Staff Appreciation Holiday Lunch
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