



ROCKRIDGE

ESSE QUAM VIDERI



Feb 19, 2026

ROCKRIDGE LINKS:

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Follow Rockridge Secondary on Instagram](#)

[Morning Announcements](#) - *Daily updates for students and parents/guardians. Information at this link is updated daily by 8:30am.*

CALENDAR UPDATE	
Wed, Feb 25	<ul style="list-style-type: none"> CEMC Pascal Cayley Fermat Math Contest 8:30 – 9:30 AM Pink Shirt Day
Fri, Feb 27	<ul style="list-style-type: none"> LP #2 Marks Cut-Off & ATLS Due
UPCOMING	
Rockridge Secondary School 2025-26 Yearbook - purchase on School Cash Online until March 6th	
Course Selection Deadlines: <ul style="list-style-type: none"> Grade 8 - 10 students March 30th Grade 11 students until April 27th 	
FULL ROCKRIDGE WEBSITE CALENDAR with BLOCK ROTATIONS	
2025-26 At A Glance Calendar	
West Vancouver Schools Registration click HERE	
WV Youth Services click here	

MESSAGE FROM THE PRINCIPAL

This week has been one of reflection for me, not just on the tragic events in Tumbler Ridge, a school district I worked in for over a decade, but on some of the remarkable efforts being made around our school to support the growth and development of a healthy school community. I am grateful for our Rockridge community; one that strives to engage student learning and excellence in the classroom while also offering opportunities for students to participate in service learning and understand more about diversity and the world around them. Some recent and relevant examples that I have personally been involved in with other Rockridge students and staff this week beyond academics include:

- Preparing for The Polar Plunge in support of Special Olympics
- The Push-Up Challenge in support of mental health (My total is 870 so far)
- The Fill-Ur-Cup hosted by our counselling suite
- Rockridge Interact club hosting Caulfeild grade 4 & 5's to complete special act of kindness cards
- Planning for next week's Pink Shirt Day with Dom our outstanding Youth Worker

I sometimes wonder why I feel so busy, but when I pause and look at what there is to be involved in at The Rock, I am quickly reminded why my calendar is so full. I hope the students in your home are feeling busy and engaged with clubs, events and upcoming spring sports. More importantly, I hope they are feeling supported and connected in our Rockridge school community.

With these thoughts in mind, attached to our E-Bulletin email this week is a special letter of support from Minister Beare from the Ministry of Education and Child Care. Her message to parents and caregivers is one I hope you will take time to read this week.

Today's ***Raven Life attached to this email*** includes information from our MYP learners, student opportunities, upcoming ROPAC events and more.

2026-27 COURSE PLANNING

Parents, If you missed these Course planning presentations on Feb 10th, you can view the Slide presentation on the Rockridge website under the Student tab: [Course Planning](#)

All students enter course selection on their MYEDBC student portal with choices visible to parents on their account. Grade 8-11 students had their MYEDBC account password reset on Tuesday, February 17th. Counsellors visited classes and assisted students with course entry yesterday on Wednesday, February 18th. Grade 8 - 10 students have until March 30th to complete their course selections and Grade 11s until April 27th.

The 2026-2027 PREMIER, DISTRICT & ACADEMY PROGRAMS are open for registration! Click link for details: [West Vancouver Schools District & Premier Programs and Premier Academies](#)

LOST & FOUND - ELECTRONICS, Jewelry, Glasses & Credit/Debit Cards - Please pick up in Main Office

The clothing bin at the main entrance has coats and hoodies as well as water bottles looking for their owners. Please stop by and identify lost items.

FROM YOUR MYP COORDINATORS: See our poster in the *Raven Life*

Have you noticed that it's been a heavier couple of weeks for the students in your household? This is generally around the time that a variety of teachers are wrapping up the last assessment tasks of Learning Period 2. As such, you have likely observed your student feeling the increased academic and social pressures. This is totally normal! And what comes to mind for us in preparing our students for navigating these 'zones of pressure' will include teaching them strategies around Self-Management - an MYP Approaches to Learning skill that students are taught and is reflected on.

On our last Pro-D day, teachers had the opportunity to learn from Sarah Ward, whose work is centred around teaching students key executive functioning skills. One main idea centred around how to reduce the stress students feel by building up their capacity for *future thinking*. And they need all of us - teachers, parents and guardians - to help teach and guide them to do this! When students can picture in their mind what "done" looks like for a specific task or in preparing for an assessment, they can work backwards from there to anticipate what they will need and make a clear path forward. Planning things out gives them a sense of predictability that helps alleviate some of the feelings of anxiety they might feel.

What are some steps you can take at home to start directly helping them with future thinking?

You can encourage students to pause, picture the next step and talk through their plan out loud. Maybe you also help them write it down in a planner to visualize the next steps and make them concrete. And sometimes they need help walking through those steps too!

Did you have a chance to attend the parent night with Sarah Ward? If not, we encourage you to check out her books and strategies through information online!

Self-Management is a key skill in learning how to learn, and we could all use some strategies that will help us and our students chart the way forward with more intentionality and less overwhelm.

ROCKRIDGE SCHOOL NEWS

Jazz Café 2026

- Join us for our 4th annual Jazz Café on Thursday, March 5th in Players Hall.
- Music will begin at 6:30 pm.

This year, admission is by donation with refreshments for the evening provided by several of our generous community donors.

We will be transforming Player's Hall into our very own jazz club, where you will hear music from all students in the Rockridge Jazz program, including A and B big bands, plus student combos. This year we are excited to welcome the crowd-pleasing Dean Thiessen Electric Trio as our professional jazz artist. We hope to see you there!

All funds from this event will go towards our professional ensemble, and to support the purchase of a new electric keyboard and equipment carts for the music department.

*Thanks to Visual Art and Jazz student Maya Menten-Schubert for our poster design - see the **Raven Life**.*

Rockridge Theatre Company Musical - Advertising Opportunity in our Program

Rockridge Theatre Company is proud to present the pop-rock musical Little Shop of Horrors, running April 9–11 at the Kay Meek Centre. Presenting a show of this scale involves significant costs for royalties, sets, and production elements. We are reaching out to Rockridge families and their business connections to invite program advertising or sponsorship support to help offset these expenses. Many former Rockridge students have successful careers in the theatre industry, and your partnership helps our students develop skills as performers and technicians.

If you are interested in supporting the production, please contact us lucyahille@icloud.com to find out more. You can participate by advertising your business or service in our program, or by making a charitable donation to receive a tax receipt. Sponsors and donors will receive two complimentary tickets with preferred seating for each show, reserved in your name. For more information about the Rockridge Theatre Company advertising program or to find out about our current and past productions, please visit our website. <https://sites.google.com/edu.sd45.bc.ca/rrtc/tickets>

Note: advertising costs for the program

- Half page: \$100
- Medium Square: \$75
- Small Square: \$50
- We would like to confirm your participation by February 27th Thank you in advance for your support!

When: April 9, 10, 11 @ The Kay Meek Arts Center

- **Tickets:** bit.ly/rrtclsoh
- *See our poster in the **Raven Life***

LSP is taking the plunge, again! Mar 4, 2026, 10:00 AM — 11:00 AM

That's right! We love this freezing cold fundraiser so much that we have registered "**The Chilly Ravens**" for our third year! Build inclusion by getting bold and cold for SOBC!

Special Olympics BC is committed to enriching the lives of individuals with intellectual disabilities and, in turn, the lives of their family members, friends and everyone they've touched. Special Olympics BC provides high-quality year-round sport programs and competitions that help people with intellectual disabilities celebrate personal achievement and gain confidence, skills, and friendships.

Thank you!

- If you would like to sponsor our LSP team, please click [HERE](#)

ROCKRIDGE SECONDARY SCHOOL 2025-26 YEARBOOK

Don't forget to purchase your book before **March 6th, \$55** on [School Cash Online!](#)

Last year we sold out, so secure your book today!

Note: We have had parents inquiring about the yearbook purchase; the yearbook was posted to student accounts on January 21, 2026.

Parents can check their purchase history by logging in to School Cash online and clicking the History tab in the top right corner of the screen.

ROCKRIDGE GRAD NEWS

GRADE 12 ACTION REQUIRED: GRAD GOWN SIZING FORM

We have a number of Grade 12 students that have not yet completed the Grad Gown Kit Order form. Please ensure you/your Grad provide their gown size via [THIS LINK](#) by Friday, February 27th to ensure the timely submission of our order to the supplier. The forms must be completed by all Grade 12s to provide their sizing, or to let us know if they do not need a gown (using a sibling's gown from previous year or not attending).

ROCKRIDGE PAC NEWS

February PAC General Meeting

Thanks to everyone who attended our February ROPAC meeting - we had a great Q&A session with our WVPD guests, Csts Emma Whitehead and Nicole Brathwaite. For those of you who couldn't make it, you can catch up by reviewing the [slide deck](#) and the [meeting minutes](#).

Last Chance to Grab Tickets for Rock the Dock!

Rock the Dock is nearly upon us! Don't miss the opportunity to be part of this fun night featuring [The Hairfarmers](#) on **Saturday, February 28** at the West Vancouver Yacht Club. We still have tickets available – it's open to everyone so feel free to invite friends (even if they're not Rockridge parents).

- **Grab your tickets** [here](#).
- **Dress Code:** Cocktail attire optional but you're encouraged to glam it up – this is a great excuse to wear your party outfit and enjoy a night of dancing, laughs and live music.
- *Don't forget:* buy your drink tickets in advance to keep the bar lines moving and the good vibes rolling.
- **Volunteers needed:** We could also really use a few helping hands to support the party, and the after-party clean up. If you can pitch in, please email ropac@wvschools .

Coming up: Next P2P Coffee is Feb 27 - [flyer](#)

Our next P2P Coffee is on Friday, February 27 at the Dundarave Bakehouse. Come by after morning drop-off for a quick hello or a longer catch-up with other Rockridge parents.

ROPAC Plant Fundraiser: Orders Open! - [flyer](#)

Spring is just around the corner, and what better way to brighten up your home and garden than with fresh flowers, herbs and veggie starters? Support ROPAC by ordering from our Plant Fundraiser!

- **Order here:** <https://rockridgessecondary.growingsmilesfundraising.com/home>
- **Order deadline:** Tuesday, April 24 by 12 PM
- **Pick-up Date:** Wednesday, May 8 between 2 - 3:30 PM

Get your garden ready while supporting our school!

Save the Date: Rockridge Golf Tournament – May 28

More details coming soon.

Follow ROPAC on [Facebook](#) and [Instagram](#)

To join our Parent Info and P2P groups: click [here to email us](#) with your name, your child(ren)'s name(s) & grade(s) and your phone number

ROCKRIDGE ATHLETICS

Rockridge Spring Sport News:

If you are looking to keep up with our Raven Athletics Events, just scroll through our [Morning Announcements](#). The second page of the announcements is dedicated to Raven Athletics teams, schedules, upcoming events and results. The *Raven Life* also often features weekly highlights from our Rockridge Athletics teams. Follow us on Instagram [@Rockridge.Ravens.Athletics](#)

We are always looking for passionate individuals who want to create positive experiences for our student athletes. If you are keen to volunteer your time as a coach or assistant or have any questions, do not hesitate to reach out to our Athletic Director Mr. Brychan Williams bwilliams@wvschools.ca *Go Ravens!*

ROCKRIDGE COMMUNITY NEWS

For "**Community Connections**" including local North Shore programs, events, and resources click [HERE](#).

WEST VANCOUVER SCHOOLS ADMISSIONS

K-12 admission applications for both in-district and out-of-district students are open. If you have students in your family or network who are looking to join our district, please help spread the word.

West Vancouver Schools offer a wonderful opportunity to be part of a community that values excellence in education. Our schools take pride in creating meaningful learning experiences and providing opportunities that support the growth, well-being, and success of every student.

To learn more about registration expectations and processes, please visit our admissions page: [West Vancouver Schools Admissions](#) We look forward to welcoming new students and families to our vibrant and supportive school community!

Capilano University Access programs information session — March 5

Capilano University is hosting a [virtual information session](#) on Thursday, March 5th at 4 PM for students and their families to learn how to Access programs designed to support students with learning differences: [Discover Employability](#) and [Education and Employment Access](#). Both programs are full-time at the Capilano University North Vancouver main campus and start in September 2026.

TOUR OF THE ROCK DAY

Our next Tour of The Rock for 2026 is scheduled for Monday, Mar 9th. Tours run from 12:00 to 1:00 PM. Do you know a family that may be interested in registering at Rockridge in the future? Please pass along this information to them so they can join us for our next school tour. The Tour of the Rock is hosted and led by our principal or vice-principal and senior student leaders. Inquiries and RSVP: rockridge@wvschools.ca

ANNUAL WINTER WEATHER REMINDER - See [Weather Closures and Procedures](#)

With the recent colder temperatures and snow on the mountains, we wanted to remind everyone of the West Vancouver Schools *Winter Weather* protocols.

West Vancouver Schools endeavours to keep schools open on regular instructional days, including those with accumulating snowfall ([Weather Closures and Procedures](#)). Any decision to close schools will be made by the Superintendent and will be based on the safety of students and staff. We aim to communicate any decision to close schools by 6:00 am.

Please check our West Van Schools, or Rockridge social media and the [school district website](#) for the most current information on school closures.

Join The Push Up Challenge - There is still time

Rock Staff and students are taking on The Push-Up Challenge from February 5-27. The Challenge is for each of us to complete 2,000 push-ups in 23 days, which represents the ~2,000 lives lost to suicide each day, worldwide.

The Challenge helps you work on your physical and mental fitness, with daily push-up goals and mental health facts, and you can raise funds for CMHA to make an impact on mental health in Canada.

Mr. Kolkea set up our **Rockridge Ravens Reps** Team so we can track our progress and stats on the same leaderboard for a bit of extra motivation. It'd be great to have you on the Team! So, are you in?

Click on our [Team page link](#) to get involved or feel free to make a donation if you're not up for the Challenge: <https://www.thepushupchallenge.ca/fundraisers/rockridgeravenreps>

West Van Run! March 7th and 8th

We invite students and families to take part in this fun, community run and enjoy special discounted registration. Parents and students can register for \$45 using the code **WVSCHOOLS**, and children can join the Kids 1K for \$15 using the code **WVKIDS**. These codes can also be used by other family members who would like to participate.

Whether you prefer walking, jogging, or running, this event welcomes all ages and abilities. It's a great way for families to be active together and supports our shared commitment to health and well-being across West Vancouver Schools.

- Register here - <https://www.westvanrun.com/schools>

COUNSELLORS' CORNER

Youth Wellness Conference - This SATURDAY

This free one-day event is for youth in grades 8 to 12 and is designed to be fun, interactive, and genuinely useful — offering activities, games, conversations, and practical tools that support mental wellness, resilience, and navigating what comes next. Our goal is to help youth feel more confident about their future and more connected to each other and their community.

- Youth Wellness Conference: Tools for Tomorrow
- West Vancouver Community Centre
- Saturday, February 21, 2026
- 1 p.m. to 6 p.m.
- FREE and includes lunch, loads of snacks, prizes, volunteer hours, wellness training, and more!

Highlights of the day include:

- Stories, advice, and experiences from our panel of university students and young professionals.
- Connect with other youth, share experiences, and build networks.
- Explore mental wellness, coping strategies, and resources for planning for the future.
- Gain strategies for managing stress, anxiety, and uncertainty effectively.
- Lunch and snacks included, plus an opportunity to win prizes!

Registration link: [Youth Wellness Conference - Tools for Tomorrow](#)

If you would like more information or require support getting signed up: mclark@westvancouver.ca

Come Chat with The Nurse - *see poster in Raven Life for details*

Vancouver Coastal Health School Nurse, Caroline Reilly Drop-In Sessions 2026

Vaping Information Sessions for Youth

In partnership with Health Canada, [QuitNow](#) is hosting [I Quit for Me](#), a series of FREE sessions for youth

ages 13-18 who would like to stop vaping or smoking. The sessions will focus on health risks of nicotine, creating a support plan, and healthy ways to manage stress. Sessions are 45-minutes on Zoom and run every Tuesday at 7 pm PST from February 3 to March 3, 2026. Please encourage youth to [register](#) in advance to secure a spot. Questions may be directed to Beth Clark, Manager, Behavioural Coaching & Outreach at clark@bclung.ca.

West Vancouver Schools Counselling

At West Vancouver Schools, we acknowledge the importance of high school course selection, post-secondary guidance and the role of schools in supporting improved student mental health outcomes. We maintain a collaborative website with the counselling teams from Rockridge, Sentinel and West Vancouver Secondary. In this website there are an abundance of resources for students that will help guide them to whatever level of education they desire: from grade school to graduate school. You can find the [Counselling site](#) under the DEPARTMENT tab on the [Rockridge Secondary School website](#).

FOUNDRY Drop In Counselling @ Rockridge - every Tuesday

- Located in the office beside the Counselling suite
- For more information contact Shannon: 236 558 2489 or email: shannon.eberts1@vch.ca

Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24. Their integrated services make it possible for young people to access five core services in one convenient location: mental health care, substance use services, physical and sexual health care, youth and family peer support, and social services. For more information, please visit the [Integrated Youth Services website](#).

Crisis Response, Community-Led (CRCL) North Shore:

<https://northwestvancouver.cmha.bc.ca/programs-and-services/crcl-north-shore/>

Kids Help Phone: <https://kidshelpphone.ca/>

FAMILY SMART Monthly Events - LINK - Online & In-Person for Parents and Caregivers 2025.

Federal Mental Health/Suicide Crisis helpline: 9-8-8 Call or Text

You deserve to be heard. A safe space to talk, 24 hours a day, every day of the year. <https://988.ca/>

Mental Health and Substance Use: A Resource for Educators and School Communities

[Language Matters! An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities](#) is now officially available on the [mental health and well-being](#) erase website.

FEEDING FUTURES

As part of the Ministry of Education and Childcare [Feeding Futures initiative](#), the West Vancouver School District has established a food security structure to confidentially assist students and families. The West Vancouver School District Food Security Plan will help students and families by providing confidential financial support for families facing food insecurity. Families are encouraged to reach out directly to Mr. Kolkea tkolkea@wvschools.ca or to feedingfutures@wvschools.ca if they need support with food-related costs. Please be assured that all requests will be addressed with sensitivity, respect, and

confidentiality.

FAQ & HELPFUL INFORMATION for 2025-26

ATTENDANCE - Notifying the Office

If you know your student will not be in attendance for all, or part of a school day, we ask that you please let our office know in advance - rockridge@wvschools.ca If your student will be arriving late, leaving early, or missing part of the day, please include approximate times of arrival and dismissal in your email. Please include your child's first and last name and reason for absence in your email. This will ensure that the absence is noted as excused and you will not receive an email/voicemail alert regarding the absence.

Daily attendance is critical to ensure student success here at Rockridge. We do not recommend absences during the school term but realize they may be unavoidable. Please keep in mind that certain classroom activities and assessments may not be able to be made up if missed. Teachers are not required to provide extra classes, make-up tests or specific work to be completed.

Extended Absences (Five days or more)

Please notify the school a minimum of one week in advance using an Extended Absence Form if five or more school days. **Note:** International Students must first request permission from the International Office via email to international.reception@wvschools.ca

MyEdBC Parent Portal

For information and instructions on registering your [MyEd Parent Portal](#) account. Each parent or guardian has their own separate account. If you are having difficulty accessing your account, please see the online video aid [here](#) OR click on the [School District's My Ed Family Portal Page](#). If you have further questions, please email Rockridge@wvschools.ca

SMS for Parents/Guardians:

Parents and guardians have an option to receive text messages for school emergencies or other important alerts: For parents/guardians who would like to be notified of a school emergency such as power outages, severe weather or safety alerts via SMS please text a "Y" or "Yes" to 978338 to ensure you are on the list.

ROCKRIDGE CAFETERIA – Student Lunch Account Program: Click [here](#)

We're introducing an optional **Student Lunch Account Program** designed to make cafeteria purchases easier for families and faster for students. Parents can load funds online, and students pay using a secure QR code.

Benefits for families:

- One-minute setup
- Easy reloads anytime
- Balance and purchase visibility
- No cash or cards needed

- Secure and privacy-protected

This program reduces lineups and keeps lunch payments simple and predictable.

- Full instructions are in the PDF above.

Support: accounts@geminifoods.ca

ROCKRIDGE CALENDAR

- This is a very helpful resource to access for daily block rotations and school events.
- Please click the following link to access the [FULL ROCKRIDGE WEBSITE CALENDAR](#)
- Then click *Subscribe* in the task bar above the calendar.
- Please ask your child if they have subscribed as well!

CLUBS LIST - [Here](#) - If your child is looking for a club to join, be sure to visit the Morning Announcements for meeting times and locations. The link to the Morning Announcements is always included at the top of the E-Bulletin.

PARENTS/CAREGIVERS GUIDE TO SOCIAL MEDIA

In an effort to provide important and useful information to parents/guardians about the various digital media sites used by many students in our school communities, West Vancouver Schools has added the following information to the website: [Parents Guide to Social Media and Digital Devices](#)

STUDENT PARKING AT ROCKRIDGE

Parking is available for Senior Students (Priority is given to Grade 12) in the Upper Lot east of the Gym. Students must complete a parking [Registration form](#), noting vehicle details, insurance expiry, obtain parent signature and submit to the office. The \$25 decal fee must be paid through [School Cash Online](#). Once the form is returned and payment completed, we can issue a decal.

Note: At no time are students permitted to park in Visitor or Staff designated spots

School Drop Off/Pick Up Safety

As you are probably aware, there can be heavy traffic around our school site at opening and dismissal times. It is difficult for vehicles to enter and exit our school parking areas as well as the Caulfeild Mall. The passage of emergency vehicles would be impeded which is of considerable concern. Please consider carpooling, dropping off and picking up your children at a predetermined location away from the school property, and encouraging active transportation (biking, walking). Another helpful action, if possible, for those that have to drive is dropping off your child early. An 8:00 AM arrival is always a great plan and chance to hang in the cafeteria, get some work done at a hallway workstation, or connect with a teacher.

Please note that designated visitor parking spaces at the front of the school are a 'no parking' zone in the morning and after school. The driveway in front of the school entrance is a NO STOPPING zone. All numbered parking spaces are designated for individual staff members. Please do not park in these spaces at any time during school hours.

CHANGE OF ADDRESS?

If there are any changes to address, legal custody, or citizenship status, please upload documentation to support the changes using [THIS LINK](#) and email rockridge@wvschools.ca to inform us of the change and document upload. Any changes will not be reflected in the student database until the documentation is submitted.

SCHOOL BUS TRANSPORTATION 2025-26 – Questions - transportation@wvschools.ca

Students taking the school bus are required to [Register](#): The district has secured only enough buses to accommodate the number of students that have been registered for the service, and we need to ensure that all riders are able to secure a seat. Please ensure you have registered so that no students are turned away.

For details on eligibility, routes, and service guidelines, please visit our Student Transportation webpage: [Student Transportation Information](#)

LOCKERS - Lockers have been assigned to all grade 8 students. Students in Grade 9 to 12 can sign up for a locker anytime through the link in their Grad Class Google classroom, and pick up their locker assignments in the office.

A GREAT WAY TO SUPPORT YOUR STUDENT: Google Classroom Reviews

Parents do not have access to Google Classrooms (GC), however, we feel it is important to review your child's GC regularly with them so that they can inform you about their classes, learning and upcoming or incomplete assignments. This looks like sitting down with your child at their laptop and having them open and scroll through their GC. Each Rockridge student should be a member of their Grad year Google Classroom. There is grade and school-wide information, announcements and opportunities posted here regularly.

ATTENTION DOG WALKERS

The Rockridge sports field is a classroom space, used by classes and teams. We remind our community members that West Vancouver Bylaw prohibits dogs on the field and thank you for your cooperation in respecting this outdoor classroom space. *We would appreciate it if you would pass this on to other community members who should have this information.