

Rockridge MYP Coordinators



Canadian University Event (CUE): WVSS with the support of our Rock Careers Team - Ms. Ferrajohn, Ms. Kashani and Ms. Alldred hosted another very successful CUE last Thursday. The event hosted 50 Canadian institutions and between 500 to 600 guests. Feedback from both guests and reps was very positive. It's a great fair for our students to attend at the beginning of the year as it gives them an opportunity to check out a lot of options under one roof. Remember to check the post-secondary calendar regularly for other great events happening in person and virtually this fall.



Grade 10 Mentorship Retreat with Ms. LeSieur and Mr. Robson - an annual trip where our grade 10 leaders connect, bond and plan for Gr. 8 advisory opportunities they will lead throughout the year.
Most of the Gr. 8 advisory sessions happen during FIT blocks.





Almost 20 Ravens took part in the first race of the Cross Country series race. A few highlights included; Ciel F. (left middle) winning the Sr. Girls' race *again* by over a minute; Justin M. placing 2nd in the Sr. Boys' race and our Junior Girls team (above) placing fourth overall.



Junior keeper Rowan F. launching one down field



Cole K. feeding the ball forward

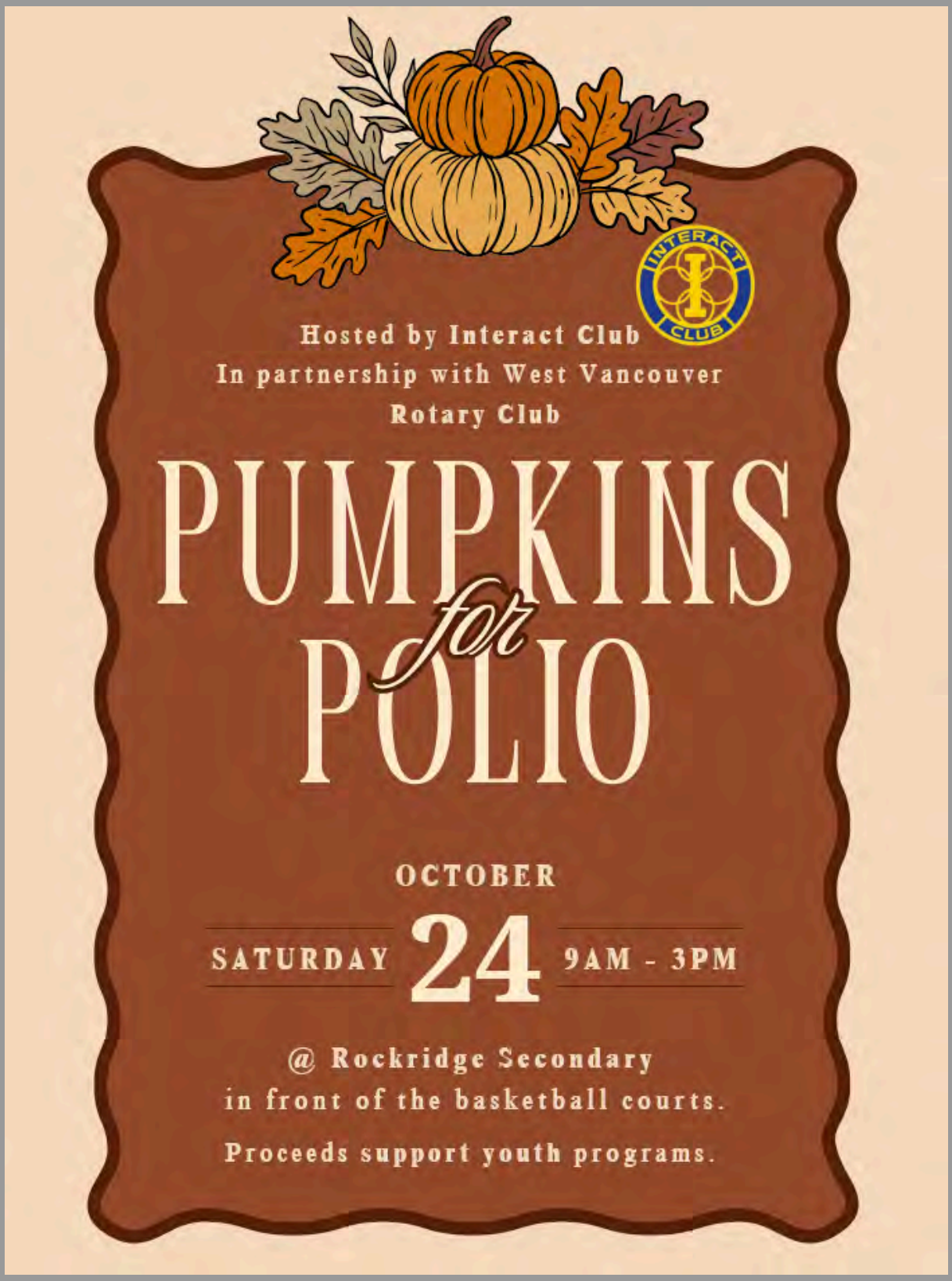
as our senior boys continue their domination on the north shore so far this season



Sr Vball Jaia Y readying to serve for the win



Jr volleyball celebrating in their home opener



Get your pumpkins for Hallowe'en and support one of our Rockridge Clubs on the 24th!

DPAC PARENT SERIES

WEST VANCOUVER SCHOOLS DPAC

FUTURE READY: GROWING UP IN A DIGITAL WORLD

Technology is shaping how children learn, communicate, create and engage with the world around them. Join West Vancouver Schools, the District Parent Advisory Council (DPAC) and community and educational experts for a three-part series exploring the opportunities and challenges of growing up in a digital world. Through practical conversations, expert perspectives and useful strategies, families will learn how to support their children in an increasingly connected world.

SESSION #1 SCREEN TIME: FINDING BALANCE IN A DIGITAL WORLD

Wednesday, October 21, 2026 at 6:30 pm in the library at West Vancouver Secondary

Technology is an important part of how children learn, connect, and play. Join us as we explore healthy technology habits, the difference between productive and distracted screen use, and practical strategies for supporting balance at home.

Featuring Dr. Alex Choi together with West Vancouver Schools educational leaders.

Dr. Choi is the Chief Medical Officer with Vancouver Coastal Health and is dual-certified as a family physician and public health specialist. She holds an MD and a Master of Health Science, as well as CCFP and FRCPC designations. In her role, Dr. Choi provides health guidance to West Vancouver Schools and works with the VCH medical team to support practical approaches to managing the effects of heavy technology use on young people's sleep, physical activity and social-emotional development.

Tickets: $10 each

SESSION #2 RAISING THINKERS IN THE AGE OF ARTIFICIAL INTELLIGENCE (AI)

Thursday, January 28, 2027 at 6:30 pm in the Kay Meek Main Theatre

Raising Thinkers in an Age of AI explores how artificial intelligence is changing the way children learn, create, and solve problems. Learn about opportunities and risks, practical strategies to support learning at home, and confidence in nurturing the critical thinking, creativity, and resilience that matter most for their child's future.

Featuring Future Design School Presenters

Tickets: $20 each

SESSION #3 NAVIGATING SOCIAL MEDIA, GAMING AND ONLINE LIFE

Wednesday, April 14, 2027 at 6:30 pm in the Kay Meek Studio Theatre

From social media to online gaming, today's digital world presents both opportunities and challenges. Explore ways to support positive online behaviour, healthy relationships, responsible decision-making, and digital citizenship.

Featuring members of the West Vancouver Police Department, together with West Vancouver Schools educational leaders.

Tickets: $10 each



TICKETS CAN BE PURCHASED THROUGH YOUR SCHOOL CASH ONLINE ACCOUNT

THE ROCK TIMES

WHO ARE WE?

From hallways to headlines, The Rock Times is a student-led publication amplifying voices, ideas, and stories that shape our school community, bringing together future writers, artists, photographers, reporters, and diplomats through our practice of opinionated and factual journalism and fostering a platform for thoughtful expression, critical thinking, and meaningful dialogue that reflects both the diversity and depth of student perspectives.

WEBSITE

HOW TO JOIN US!

Google Classroom Code: ttmalp2a

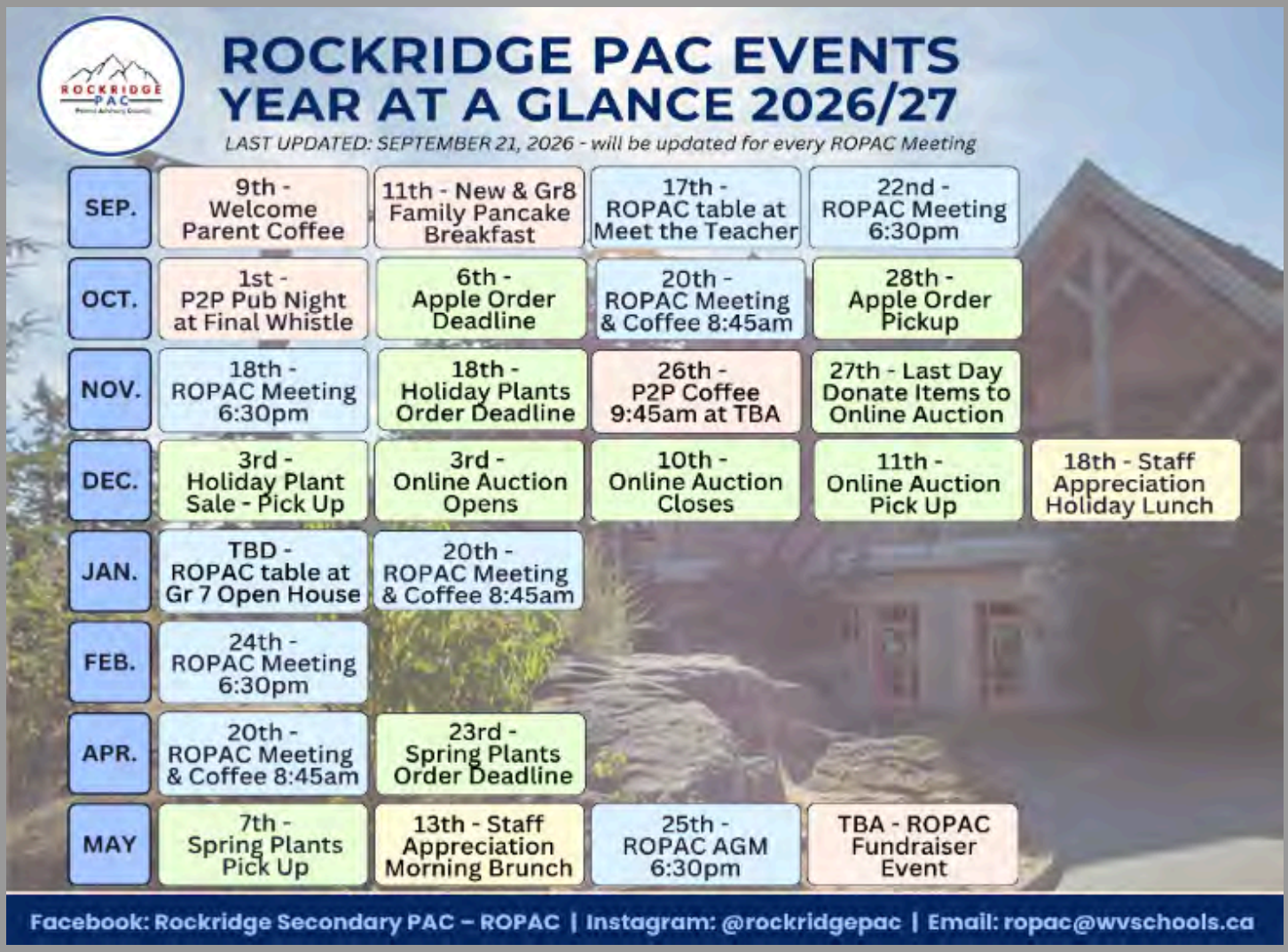
Contact Email: anniel086@edu.sd45.bc.ca

Instagram: @therocktimes

Meetings on Tuesdays in C203

Executives to Talk to: Annie Lymburner, Nima Gholipour, Sienna Brown, Caitlin Gericke, Nancy Nan, Claire Tong

HTTPS://THEROCKTIMES.WIXSITE.COM/THEROCKTIMES



ROCKRIDGE PAC
Parent Advisory Council

E-TRANSPORT:
Know Before You Buy or Ride

Not all small or electric transportation is treated the same.
Know the Micromobility rules for Personal Electric Vehicles in West Vancouver.

Vehicle Type	Where Can I Ride?	How Old Do I Need To Be?	Max Speed	License & Insurance?	Other Important Rules
 e-bike	Anywhere bicycles can ride	14+ for light e-bikes 16+ for standard e-bikes	Light bikes: 25 km/h Standard: 32 km/h	No license or insurance required	Must have fully operable pedals
 e-scooter	Anywhere bicycles can ride in West Van	16+	25 km/h	No license or insurance required	Solo riders only
 moped/LSM	Public Roads Only	16+	70 km/h	License & insurance required	BC licence plate required
 e-dirt bike	Not on roads, sidewalks, or bike lanes	Not legal at any age on public roads	Not permitted on public roads	Cannot be registered or insured	Not legal on public roads
 mini-motorcycle	Not on roads, sidewalks, or bike lanes	Not legal at any age on public roads	Not permitted on public roads	Cannot be registered or insured	Not legal on public roads

WEST VANCOUVER POLICE

Please be sure your teen & your family are clear on the laws around E-Transport.
We expect students to uphold these laws when it comes to commuting to Rockridge.