



# ROCKRIDGE

## ESSE QUAM VIDERI



November 27<sup>th</sup>, 2017

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Principal's Blog](#)

[Daily Announcements](#)

CALENDAR UPDATE	
Nov	Event
24	Christmas Backpacks for Covenant House – donations welcome Nov. 24 – Dec 8 – RR front office
Dec	Event
14	Rockridge Annual Ski Trip – Forms must be submitted to PE Teachers – Space is limited
14	Rockridge Winter Music Concert
22	12:00 Early Dismissal – Winter Break Begins

### INFORMATION REGARDING VAPING

Vaping is a growing trend among adolescents and is currently being experienced in secondary schools. Although vaping is often advertised as a healthy alternative to smoking, it possesses some health considerations. Three reference documents recommended by [Vancouver Coastal Health](#) are attached for your background information. The vape device is also commonly referred to as an electronic cigarette, or e-cigarette.

At school, we are challenged with the behaviours associated with vaping. The rules regarding vaping on school property are the same as those for smoking cigarettes. Students who vape on school grounds or on buses will face disciplinary action. As you can imagine, vaping on school property or buses is not good for our school, the students involved, or their peers.

I would like to draw your attention specifically to the liquid “juice” that is poured into the “vape”, heated and inhaled. In simple terms, there are three different types of “juice”. The first is a straight [glycerol](#) blend. The second includes the addition of different levels of [nicotine](#) content. The third includes the addition of different levels of [THC](#) (the chemical compound in marijuana). If the vape juice comes in a bottle with an eye dropper, it should have the ingredients and contents listed on the side of the bottle. If the vape is a single-use “pen” or cigar-like device it may be harder to know the contents, if the original packaging has been thrown away. Since this is not a regulated industry, the accuracy of the listing of the ingredients is unknown.

All of the items mentioned above can be found in many specialty stores found on Lonsdale Avenue or elsewhere on the North Shore. They are also sold in many small independent grocery stores around the lower mainland and can be purchased online. The following links will take you to a common image bank

on the internet so that you may be familiar with them. A vape can be purchased anywhere between \$40 and \$400, and the juice from \$7 to \$70. It is important to note that one must be 19 years of age to legally purchase one.

- [Vapes](#)
- [Vape Juice](#)

We hope that you find this information helpful. We would ask that you have an open conversation with your child on the matter and encourage them to make healthy choices. Please feel free to contact Vice Principals, Mr. Crowley at [jcrowley@wvschools.ca](mailto:jcrowley@wvschools.ca) and Mr. Sandor at [csandor@wvschools.ca](mailto:csandor@wvschools.ca) , or Principal, Mrs. Laursoo at [jlaursoo@wvschools.ca](mailto:jlaursoo@wvschools.ca) , if you have any questions or concerns.

### EAT FOR CHANGE

Create Change is hosting a fundraiser with Chipotle Park Royal. Chipotle is going to donate 50% of their proceeds on December 1st between 4:00 and 8:00pm to Create Change's cause; sending girls in Ghana to school. If you go to Chipotle and tell the cashier that you want the proceeds of your meal to be donated to this cause, the Create Change club would really appreciate it!

### INTERACT CLUB – DONATIONS FOR SANTA’S WORKSHOP NOV 27–DEC 13

The Interact Club is hosting Rockridge’s first Santa’s Workshop! Interactors are collecting donations from student families (books, stuffed animals, fine china, jewelry, stationery, accessories, beauty products, etc.) Those items will be wrapped and sold to Rockridge students on December 14<sup>th</sup> outside of class time for their Christmas shopping.



- All money will be donated to ShelterBox Canada to provide shelters for families struck by natural disaster
- **Please bring donation items to the front office no later than Dec. 13<sup>th</sup>**
- Interact and Rotary thank you for your kind contributions!

### WHY IS IT IMPORTANT FOR YOUR STUDENT TO HAVE THEIR FORMS COMPLETED?

#### ONLINE FORMS

The completion of the online form enables students to fully participate in their classroom activities. At this time:

- **Some teachers cannot get all their students in their class set up on Google Apps**

We ask that parents and guardians please complete the District Policies and Procedures Forms electronically, which are found on the school website at <https://eforms.sd45.bc.ca/Form/PandP>

#### STUDENT RELEASE FORMS

We ask that parents complete and return these forms to the school so that we can complete our Emergency Preparedness plan. Student Release Forms were distributed to students during the first week.

#### STUDENT VERIFICATION FORMS

We ask that parents sign and return forms confirming all information is correct and noting any changes to contact information. Student Verification Forms were distributed to students during the first week.

**YOUR ASSISTANCE IN ENSURING THAT ALL OF THE ABOVE MENTIONED FORMS ARE COMPLETED IS APPRECIATED**