



ROCKRIDGE

ESSE QUAM VIDERI



January 22nd, 2018

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Principal's Blog](#)

[Daily Announcements](#)

| CALENDAR UPDATE | |
|-----------------|--|
| Jan | Event |
| 24 | 8:30 am PAC Meeting in the Library Learning Commons |
| 25 | 11:30 am Early Dismissal |
| 25 | 1:00 – 4:00 pm & 6:00 – 8:00 pm Parent Teacher Conferences |

A NOTE FROM THE PRINCIPAL

I have had the pleasure of meeting many of you these last two weeks at Rockridge and I look forward to connecting with many more parents at the Parent-Teacher Conferences on Thursday. My first impressions of the school have been very positive. The students are friendly and welcoming, yet what has been most notable is how proud they are of their school. And as I learn more and more about Rockridge, this comes as no surprise. Rockridge has a stellar group of educators and a reputation for outstanding performances in all curricular areas.

Moving to Rockridge has been a wonderful opportunity for me. In addition to the weekly bulletins, I plan on sharing my thoughts and information via the Principal's blog. January's blog post focuses on 'opportunity'. You can access it [here](#).

Course Selection

Students in Grades 8 – 11 are in the process of selecting their courses for the 2018/19 school year. Last week counsellors facilitated sessions for students and parents to help clarify the course options available. For those of you unable to attend, all course descriptions are available on the [school website](#). With the implementation of the new redesigned Grade 10 curriculum in September 2018, I have highlighted the changes in the English course requirements and offerings.

| Grade | English Requirements |
|-------|---|
| 10 | <p>All students must choose Literary Studies 10 (2 credits) as well as ONE of the following 2-credit courses:</p> <ul style="list-style-type: none"> • New Media 10 (This course will meet the needs of most students) OR • Creative Writing 10 (Recommended for Advanced Placement (AP) focused students who have high academic standing, good work habits and the recommendation of their teacher) OR |

- | | |
|--|--|
| | <ul style="list-style-type: none">• Composition 10 (Recommended for students who require support for foundational English skills) |
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Should you have any questions, please contact your child's counsellor:

Mr. Kel McDowell: Grades 12 and Premier Academies kmcdowell@wvschools.ca

Ms. Jennifer Radcliffe: Grades 9-11; Last Names A-L jradcliffe@wvschools.ca

Ms. Marla McLellan: Grades 9-11; Last Names M-Z MMcLellan@wvschools.ca

Mr. Rob Broughton Grade 8; RBroughton@wvschools.ca

FROM THE RSPAC EXECUTIVE: The next PAC MEETING will be held on Wednesday January 24th at 8:30 am in the Library Learning Commons

Come meet our new Principal, Ms. Judy Duncan, who will be speaking on "The New Curriculum and Course Planning 2018/19" followed by:

Counsellor, Mr. Kel McDowell and Careers TA, Ms. Leesa Alldred will be speaking on "The Changing Landscape of Post-Secondary Education"

We hope to see you there. Remember we are all part of the Parent Advisory Council!



PARENT/TEACHER CONFERENCES - Thursday, January 25, 2018, 1 – 4 pm & 6 – 8 pm.

Bookings close on Tuesday, January 23rd at 10 pm.

Please Note: Ms. Sherri Armstrong and Mr. Michael Rudolf will not be at the conferences due to medical reasons. Ms. Morejon Jiminez is now on maternity leave, and her replacement teacher, Ms. Underhill will be conducting her interviews.

Go to the website (<http://rss.schoolappointments.com>) and click on the "REGISTER" menu tab and create an account. Then login and add your students to the system.

After your students have been entered you will be able to schedule an appointment immediately by clicking the button beside each student's name and then selecting the teachers you would like to schedule appointments with (maximum of five appointments per student). After selecting the teachers from the list, click the "View Calendars" button to see their calendars. Select an available time slot for each teacher, click it and then click the "Book Appointments" button to save your selections. Repeat this for each student.

Sections of the teacher's calendars that are black are not available for booking as the teacher has another commitment at that time. Sections of the calendars that are coloured burgundy are time slots that you as a parent are already booked for other appointments. You will only see burgundy sections when booking appointments for a second or third child. If no appointments are available, click on the call back button at the top of the list. When you are finished you can view your appointments from the "PROFILE" tab by selecting "View Appointments". You can also print your appointments from the view appointments screen.

INFORMATION REGARDING VAPING

Before the winter break an email was sent to parents regarding concerns around the trend of increased vaping at and around the school. Mr. Sandor and Mr. Crowley also made a presentation about vaping at the November PAC meeting. All three secondary schools in our district continue to experience similar

challenges. With our ongoing concerns, we are once again including the information about vaping below to ensure all families are informed.

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. Two 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 and Mr. Sandor at csandor@wvschools.ca , or Principal, Ms. Duncan at JDuncan@wvschools.ca if you have any questions or concerns.