



ROCKRIDGE

ESSE QUAM VIDERI



June 4th, 2018

[Rockridge Secondary School website](#)

[WV School District Website](#)

[Principal's Blog](#)

[Daily Announcements](#)

CALENDAR UPDATE	
May	Event
1	Summer Learning 2018 – Registration Open
June	
5	6:30 pm 2018 Rockridge Trip to Orlando Meeting
7	Colour Run
7	6:30 Rockridge Music Concert "Sweet Sounds of Spring"

A NOTE FROM THE PRINCIPAL

Rockridge Athletics

This year we had a dedicated group of 12 students on our school's track and field team. The season culminated with the Provincial Secondary School Track and Field Championships this past weekend in Langley where our small yet mighty team competed in events including the hurdles, 800m and the long jump. Congratulations to Gr. 11 students Connor L and Natalie S as well as Grade 9 student Simon M on their fine performances at these championships. Thank you to coaches Ms. Cameron and Ms. Willock for dedicating their time to support our athletes.

Also competing this weekend was the Senior Boys Rugby Team who played in the Provincial tournament in Abbotsford. They defeated Fulton in the AA Bowl game, thereby finishing 5th in the province. Well done to all our boys, especially those Grade 12s playing in their final high school rugby game. They demonstrated stellar leadership skills throughout the season and final tournament. Thank you to coaches Zambon and Lawson for their ongoing support and guidance. I'm sure there are some players already looking forward to next year's season!

The Sound of Music

I always enjoy hearing our talented students perform. Looking forward to their final concert, "Sweet Sounds of Spring" this Thursday at 6:30!

BOWEN ISLAND FERRY: STUDENT PASSENGERS

Students who take the Bowen Island Ferry are reminded to be sure they are ready to board the ferry by 7:20am, and to ensure boarding priority in the event that the ferry is near capacity, **have their student card on hand.**

STUDENT TRANSPORTATION

If your child requires school bus service for **2018/19** please see below for the eligibility criteria. Students in West Vancouver Schools are eligible to receive transportation services if they live within the “catchment area” (school boundaries) of the student’s school, and they live outside the “walk limits” of their catchment school. Walk Limits:

- Kindergarten to Grade 3: **4.0 km from school**
- Grades 4-12: **4.8 km from school**

You must request transportation services for each eligible student in your household every year, by submitting an online student transportation request form on the West Vancouver School District Web Site. **For 2018-19 deadline is June 15th, 2018.** Please email Janine Carpino, Manager of Transportation with any questions, jcarpino@wvschools.ca. The form can be found here:

<http://westvancouver.schools.ca/resources/students/student-transportation>



THE COLOUR RUN - THURSDAY JUNE 7.

This event highlights the diversity of students in our school while honouring the differences between us. All students are invited and must have a signed permission form to participate. Grade 8 and 9 students will also receive credit towards their Career Education 8 or 9 course. Copies are available in the Career Office and must be returned by Wednesday June 6th. The Colour Run is an event to promote health and happiness by bringing our school together. This event also supports the Linda Harrison Youth Fund and we encourage every student to **donate a minimum \$2.00** on the day of The Colour Run or directly on line. Linda was a beloved Youth Worker at Rockridge who died suddenly in 2016. We remember Linda as an advocate for our most needy students and this event helps to continue her legacy and to raise awareness to care for ourselves and others. A charity fund has been created in her name. More

information on the fund can be found here: <http://westvancouver.schools.ca/news/linda-harrion-youth-fund>

CANCER AWARENESS WEEK - JUNE 4th-8th in partnership with Cops for Cancer

The culmination of this awareness week is a Benefit Bash at 4pm on Friday, June 8th. There will be a barbecue, games, guest speakers, and a draw to shave a police officer's and Mr. Sandor's head. The whole community is welcome to participate in the fun, while supporting a great cause. All donations welcome in support of Cops for Cancer.

THE 6TH BI-ANNUAL ROCKRIDGE Edventure TRIP TO ORLANDO FLORIDA – April 2019

UPDATE: The parent information meeting will be held TOMORROW June 5th at 6:30 in the library. If your son or daughter is interested in taking part in this trip, please attend this meeting. At the end of the meeting, we will be accepting the application form and \$500 deposit to secure a spot for next year's trip. For further information please visit: <http://mrstowers.weebly.com/orlando-2019.html>
If you have any questions please contact: Jennifer Towers jtowers@wvschools.ca

VANCOUVER COASTAL HEALTH

Alcohol Use

Alcohol is a psychoactive drug that is also a depressant - it slows the system down, decreasing heart rate, breathing and ability to think, move and react. Parents and adult influencers play a role in shaping a child's beliefs and actions when it comes to alcohol. For more info on explaining alcohol to young adults, Parents' conversation with young kids, hosting safe young adult parties, drinking and driving, the laws and young adults please see **Healthy families BC:**

<https://www.healthyfamiliesbc.ca/home/articles/topic/alcohol-parenting>

Alcohol sense videos: <https://www.healthyfamiliesbc.ca/home/articles/alcohol-sense-videos>

Alcohol overuse and drug overdose: <https://www.jack.org/resources/drugs-alcohol>

Clear communication by parents about the negative effects of alcohol, as well as about their expectations regarding drug use, has been found to significantly decrease teenage drinking

https://www.medicinenet.com/alcohol_and_teens/article.htm#what_is_alcoholism

Drinking Guidelines: [Canada's Low-Risk Drinking Guidelines](#) OR

<http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Poster-en.pdf>

Being knowledgeable about the effects of alcohol can help youth to better understand how alcohol affects the body what they can do to reduce the likelihood of something bad happening to them. More info: https://foundrybc.ca/articles/alcohol-use/?return_page=1298

Foundry North Shore located on 211 W 1st Street NV <https://foundrybc.ca/> is a place where any youth or parent in our community can find easy access to the help they need, when they need it. For more info on nursing and medical services, peer support, phone and online chat, Apps & Tools, bounce back programs, tips for talking to someone, and other supports and services please contact Foundry North Shore: https://foundrybc.ca/getsupport/?return_page=1298 or call **604-984-5060**.

All services are free and confidential.

For more information on resources and services for alcohol and substance use please contact your school nurse sue.foster@vch.ca

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**