



Tuesday, May 21, 2019

Morning Radio News @ 9:05 am

Band Sectionals:

All grade 6, 7 and 8 Bass, trombone and tuba players have sectionals today.

Jazz Band:

There will be a jazz band practice on Tuesday, May 21 and Thursday, May 23

Band Concert: Our year end band concert and BBQ will take place on Tuesday, May 28 with performances by all band and choir students as well as guest musicians from Claremont. BBQ at 5:30pm, concert at 7pm, hope to see you there!

Art Classes: All term 1 and term 2 clay projects are on the shelf just inside the ART room door. Please pick up by May 24th! Thank you from the Art Teachers.

From the Learning Commons - If you're finding yourself low on pencils, erasers or pens to make it to the finish line, this is a reminder that the LC can help you out, at reasonable prices.

PS Thanks to whoever returned the missing ROMS yearbook!

We are Silent:

We Are Silent is tomorrow at Royal Oak from 9am to 3pm. Students are encouraged to take the \$5 pledge to raise awareness for those children around the world who have lost their voice due to violence, child labour, or poor living conditions. Youth in Action students will be selling the pledge labels from 8:30 to 9 at the front of the school.

Canteen Tuesday: On sale at first recess today is pizza bread, cookies & iced tea.

Canteen tomorrow: Popcorn sold every Wednesday at first recess. Popcorn \$1.50,

ROMS SPORTS:

Gr 8 Intra Murals:

Notice to all grade 8's that Wednesday's intra-murals is drop-in ball hockey. Reminder all real sticks must have a sock covering the blade.

Beach Volleyball:

A meeting for the beach volleyball players who have been practicing with Ms. Espedido will be held today at first recess, in room 220.

Field Hockey:

Reminder that our sundae party is TODAY at lunch - Room 124 at 1:18pm. Bring your toppings!

Track & Field:

Tomorrow after school is track meet #3 at UVIC. All attending students must be at track practice tomorrow morning as we will be discussing details and registering transportation. Students who can't attend must talk to Mr. Menzies or email him with details of how you are getting to UVIC and home.

Triple Jump:

Attention all Triple Jumpers who qualified for the City Championships...please meet Ms. Wheatley at the pit this Wednesday at Lunch Recess.

ROMS PARENT REVIEW:

Good Grief – Supporting adults who are supporting youth in grief

When loss and change hit home, it can be an overwhelming time for the whole family. People grieve differently, and, for youth especially, grieving is a unique experience different from children or adults. This 1.5 hour workshop is for parents, grandparents, neighbours, friends and others who would like to learn more about how to support youth through grief.

Friends of Living and Learning Through Loss will offer an educational space to review conceptual and practical tools to facilitate healthy conversations and strategies for healing with youth at no cost to attendees.

Topics will include: grief and mourning in youth, various types of loss (tangible, intangible), life areas impacted by grief, coping strategies and support tools, and an overview of the programs and resources that *Friends of Living and Learning Through Loss* offers.

This special 90 minute workshop will be held on Wednesday, June 5th from 7:00pm - 8:30pm in the Learning Commons at Royal Oak Middle School. Please register at:

<https://www.eventbrite.ca/e/good-grief-supporting-adults-supporting-youth-in-grief-and-loss-tickets-61595555966>

We look forward to seeing you!

Important Dates to Remember:

Early Dismissal - @ 2:08 pm on Thursday, May 23rd

2019-20 Registration is ongoing for new registrations coming from Out of District, Out of Catchment, Private Schools or Out of Province. Registration packages are available on-line or at the School Office.

Please note that we will **not** be hosting an Open House this year (previously held in February). An information evening will be held later in May for all **confirmed** incoming Grade 5 students including new (grade 6/7/8) registrations coming from Out of District, Out of Catchment, Private Schools or Out of Province.

Returning ROMS students do not have to complete a registration form. Grade 8 students transitioning to Claremont for Grade 9 in September do not have to complete a registration form for Claremont.

Homework Club: Extra academic support is available to students through the homework club. This is a drop in service that will be held on Monday, Wednesday, Thursday & Friday mornings from 8-9 am in the Learning Commons, and Tuesday afternoon in Room 215 from 3:10-4:10 pm.

A reminder to parents to contact the ROMS Safe Arrival Line at 250-479-0999 or email royaloak_attendance@saanichschools.ca if your child will be absent or late.

ROMS PAC NEWS

Hello Royal Oak Families,

To recognize all the work the teachers, administrators and support staff at our awesome school, the PAC is planning a Staff Appreciation Luncheon on **Thursday, May 30th, 2019!** We invite parents and guardians to say "Thank You for a great year" by contributing food and/or volunteering with the items/duties listed on the perfect potluck site.

For more information and to volunteer or sign up to bring food please click on the link below:

<https://perfectpotluck.com/meals.php?t=XKEJ3280>

Also on the day of May 30th, if each student can bring one or more flowers from their garden or purchase from the store so we can make beautiful flower arrangements for the table it would be greatly appreciated.

Thank you Royal Oak families for all your support.