



Friday, May 24, 2019

**Morning Radio News @ 9:05 am**

**Chill Zone:**

Chill Zone is canceled for today. See you next week.

**Drama Club:** Drama club meets today for more improve games at 1:16 in the Drama Room. Bring a friend and join the fun!

**Diabetes Facts:**

Over 350,000 people in Canada have type one diabetes, and the amount is growing by the hundreds every year. We have four students in this school with type one diabetes.

**Gaga Ball Courts:** On the courts today will be Grade 8's, tomorrow will be grade 6's.

Pizza Day - Classes will be called in the following order: Orca hallway, Raven, Thunderbird and then Wolf hallway. Helpers: Boys Group Mr. Kenny

**ROMS SPORTS:**

**Athletic Leadership:** Reminder to members of Athletic Leadership of our weekly meeting today during advisory.

**Basketball:**

All grade 6 boys who want to get a head start on playing basketball on next years grade 7 team are invited to a shoot around next Monday at lunch activity time in the gym. See Mr. Sparanese for more details!

**Track and Field:** Reminder to all track and field members that track meet # 4 is on Monday after school. Please have your transportation arranged by Monday and you relay teams organized.

**ROMS PARENT REVIEW:**

Subject: **Jack Talks Parent workshop May 28 @ 7pm at Claremont**

Jack.org is a charity that trains and empowers young leaders who are revolutionizing mental health. They are working towards a Canada where all young people understand how to take care of their own mental health and look out for each other. A Canada without shame, and where all those that need support, get the help they deserve. With a national network of 2500 young leaders, they're only just getting started.

Jack Talks are mental health presentations delivered by young people to young people. Trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers. Jack Talks start important mental health conversations.

The Jack Be There tool at [Bethere.org](http://Bethere.org) will cover a lot of the messaging used in the talk.

ALL ROMS families are invited to attend.

**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!

**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](mailto:royaloak_attendance@saanichschools.ca) if your child will be absent or late.**

## **ROMS PAC NEWS**

Hello Royal Oak Families,

The Staff Appreciation Luncheon is only a week away **Thursday, May 30<sup>th</sup>, 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.

We are needing help in the following areas:

- Main dish
- Salads
- Servers/Clean up
- Set up

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 30<sup>th</sup>, 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.