



Tuesday, May 28, 2019

Morning Radio News @ 9:05 am

Band:

A reminder to all students and staff that tonight is the Band BBQ fund raiser and band concert. The concert will be held outdoors, BBQ @ 5:30 and concert begins at 7:00 pm. We encourage ROMS families and friends to come out and enjoy an evening of music!

There will be dress rehearsals for all band and choir students throughout the day today, bring your music and instrument down to the lower field at the appropriate time. Bl 1 - grade 6 band, Bl 2 - grade 7 band, bl 3 - choir, 1pm - trumpet sectionals, 1:30pm - jazz band, bl 4 - grade 8 band, approximately 2:30pm - all band students must attend the massed band rehearsal.

Diabetes Facts:

To help the Juvenile Type One Diabetes Research Foundation we are doing a fundraiser at our school. Please help support this cause, by donating a toonie at lunch recess outside MPR, to purchase a paper shoe. When you purchase a paper shoe it is put up in your hallway. The hallway with the most shoes will be entered into a draw. All the people who donated a shoe in the winning hallway will be entered into a contest for a sole winner of \$60 in movie gift cards. The more shoes you buy, the more chances you have to win.

Drama Club; The small cast of No Stepping Back is meeting today at 1:16 in the drama room with Ms Noel and Phil. See you then!

Europe Trip 2021: All grade 6 students travelling to Europe in their grade 8 year, please see Mrs. Ryan at 11:23 today in her room.

Gaga Ball Courts: On the courts today will be Grade 7's, tomorrow will be grade 8's.

Girls Group: Today we'll celebrate everyone's birthday by decorating cupcakes. Girls in rotation 2, please come down to Room 215 at Advisory for the activity. See you there!

Youth In Action: here is no Youth in Action meeting this week. We will meet next Thursday in Miss Cottier's room at 11:23.

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:

Basketball:

Gr 8 Intra murals:

Notice to grade 8's that intra-murals will be drop-in ball hockey this week.

Beach Volleyball: Ms. Espedido would like the beach players who have been practicing with her this past month to meet in her room today during first recess .

Track and Field:

Last night the royal oak track and field team competed in their 4th and final track meet of the regular season. The City Finals are on Wednesday, June 5th at UVIC and are an all-day event. All students who have competed in track and field this year are asked to come to practice tomorrow morning and to a mandatory meeting tomorrow at SECOND recess so they can confirm their participation at the City Finals.

Triple Jump:

Attention all athletes who qualified for Triple Jump at the City Championships. Please meet Ms. Wheatley at The Pit this Wednesday at Lunch Recess.

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 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 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 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.

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 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.