



Wednesday, June 5, 2019

Morning Radio News @ 9:05 am

Choir:

There will be a choir rehearsal today (Wednesday) at 1:16 in the band room.

Grade 8 Farewell: A reminder that Grade 8 Farewell tickets go on sale starting this Friday during outside activity time. \$15. for tickets.

Juvenile Diabetes: Please support this important cause. Donate a toonie – buy a shoe. The hallway with the most shoes gets entered into another draw for a chance to win movie passes.

Popcorn: On sale today at morning recess at the canteen. \$1.50 per bag.

Canteen Thursday: On sale at recess tomorrow -mac & cheese. cookies & iced tea.

ROMS SPORTS:

Amazing Race ROMS: Today is the second and final day to sign up for the Amazing Race ROMS. Sign up is today at lunch recess outside the PE hallway. Competition starts this Friday at SECOND recess. Stay tuned for further details tomorrow.

Gr 8 Intra Murals:

Reminder to grade 8's that this week's intra-murals is ball hockey in the gym.

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!

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

Grade 8 Farewell:

The Grade 8 farewell event will be an evening full of fun, food and friends. It is a celebration of all the memorable times the Grade 8's have shared at Royal Oak. We wish them success as they head to high school.

What: A Black and White Farewell (Casual Event for Students)

When: – Monday, June 24th at 6:00 pm Open to all Grade 8 students (please note: dress will be summer casual - any colour welcome).

Cost: \$15. Tickets will be on sale every Friday in June, during lunch activity time. Students can buy their ticket starting this week!

Parent Sign up: In order for the Grade 8 Farewell Event to be successful we are asking Grade 8 parents for help by donating a few hours of their time; Please sign up for a time slot through Sign Up Genius using the following link: <https://www.signupgenius.com/go/30E0C4BADAE2DAAF49-volunteer1>

Please spread the word about this event to grade 8 parents who might not subscribe to the daily ROMS announcements and encourage them to volunteer to assist (and sign up for the daily announcements forum to stay informed).

If you are having trouble signing up through Sign Up Genius, please email Colleen McNamee directly at: mcwesty@shaw.ca and she would be happy to sign you up.

Your Grade 8 Farewell Team