



## Upcoming Events

### January

28 FAAS Quarter 2 Ends

31 FAAS Quarter 3 Begins

31 2022/23 Registration for new students

## WELCOME TO THE WEEK OF: January 17-21

### From the Admin Team

We're going to keep this week's message short as there's been a lot of communication from the school and district in the last couple of weeks. It's been great to have the students back and a big thank you to all our ROMS families for everything you are doing to support us.

- Stay **POSITIVE** - there is a lot of negativity in the news and on social media right now. Our students are looking to the important adults in their lives for guidance on how to cope, respond and thrive during this challenging time.
- Do something **FUN** as a family regularly (get outside, play a game, bake something and eat it together, etc)
- Do the daily **HEALTH** check and keep your child at home if they are sick. When you email the absence line, please let us know if your child is home due to illness. This helps us keep an eye on the number of kids who are sick across our school and in each division.
- Send your child to school ready to **LEARN** - healthy breakfast and lunch, appropriate clothing for the weather, several masks, and having had a good night's sleep. Your child's teachers appreciate this one!

*Karen and Sara*

### From the PAC

**ROMS Lunch Program** - we're looking for volunteers to provide a dozen baked goods to supplement our daily lunch program.. These items can either be purchased or baked at home(e.g. muffins, cookies, loaves etc.) Items can be dropped off in the office, on Monday mornings before 11 am. A big thank you to all the parents who have already volunteered, the kids appreciate your effort! Please click on [this link](#) to sign up.

**Grade 8 hoodies** - The last call for the grade 8 hoodies is Wednesday night. Just a reminder that no late orders will be accepted.

**January PAC Mtg** - Join us for our virtual PAC mtg on **Wed, Jan 19th at 7pm**. Our guest speaker will be Cst. Eric Misener, our School Liaison officer. Learn more about the drugs that are on the streets in Victoria and how to talk to your middle schooler about this important topic.

Meeting LINK:<https://zoom.us/>

Meeting ID: 586 209 7726

Passcode: 332910

### FROM THE DISTRICT

Here's this month's Mental Wellness Snapshot:

[January 2022 - Hope and Optimism for Wellbeing](#)

