



# Rockingstone Heights School

**Principal:** Mike Corbett

**Vice Principal:** Kimberly Best-Janes

**Administrative Assistants:** Karen LeBlanc **YMCA School Settlement:** Noha Mahmoud

## Upcoming Dates:

**October:** Mi'kmaw History Month

**Oct 11th:** PD Day - No School

**Oct 14th:** Thanksgiving

**Oct 17th:** School Portrait Day

**Oct 18th:** First Lunch orders due

**Oct 25th:** NSTU Conference Day - No school for students.

**Oct 28th:** First Lunches delivered

## Contacts:

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## Message to Rockingstone Heights Families:

What a first month we have had at Rockingstone! Students are well into the swing of the daily routine. As we get into the month of October, I encourage you to consider ways you can support your learner at home. Asking questions about what students learned daily, what their highlights were and what areas they are concerned about is a fantastic way to engage between home and school. Details about our first SAC meeting will be coming out shortly. I encourage anyone interested in participating to reach out to Mr. Corbett directly.

## Arriving to school:

Arriving to school on time daily is a great way to help establish a strong daily routine. If you are driving your student to / from school, **please do not drive up into the parking lot.** This creates a significant amount of congestion, can lead to accidents, and potentially presents a risk to our walking students. We have heard reports of dangerous situations at the drop off areas. Please do not pass busses with their lights flashing.

## Promoting Safe and Healthy Schools:

Rockingstone is a safe and inclusive school. Here at school, **all students are welcome to be their true self.** Comments and actions that serve as an attack on one's identity are unwelcome. Please reach out to your child teacher if your young person has experienced comments that are discriminatory, harassing, or racist. We take these very seriously and will respond directly.



We continue to work with students on regular routines. Parents can track your students' daily attendance, and parents who have students in Junior High can keep up to date on graded/missed assignments via the PowerSchool Parent Portal. To self-enroll, please see this link [HERE](#).

### Mi'kmaw History Month:



This year marks the 31st anniversary of Mi'kmaw History Month. In 1993, Premier John Savage and Mi'kmaw Grand Chief Ben Sylliboy declared October as the official month to recognize and celebrate Mi'kmaw culture and heritage.

The Rockingstone Heights is located in Mi'kma'ki, the ancestral and traditional lands of the Mi'kmaq people. We acknowledge the Peace and Friendship Treaties signed in this Territory and recognize that we are all Treaty People.

### Recess and Lunch at Rockingstone Heights:

- Rockingstone is excited to begin rolling out hot lunch options to students this month. Orders for the initial week are open Oct 18, with lunches to begin delivery on Oct. 28th. Visit [nslunch.ca](http://nslunch.ca) for more information. If you require support in .
- Students should bring a refillable water bottle each day. We have filling stations throughout the school.
- If your child requires utensils to eat the lunch they are bringing, you need to send utensils. Recess should be a quick snack your learner will eat in the classroom just after 15 minutes of outside play.
- Any child that would like a snack throughout the day will have access to healthy snacks such as apples, clementines, yogurt, cereal, granola bars and cheese.





### ***Parent Guide to Register Child for Nova Scotia School Lunch Program***

The **Nova Scotia Lunch Program** is a provincial lunch program that offers public school students in Nova Scotia nutritious and affordable lunch every school day.

#### ***How to Register my child?***

Please watch this [video](https://shorturl.at/oqEMh) for a walkthrough of how to register and place an order: <https://shorturl.at/oqEMh>

#### ***Below are steps to register for a NS lunch account:***

1. Go to [hrce.nslunch.ca](http://hrce.nslunch.ca)
2. Click on MY NS Account.
3. Click on Create Account at the bottom of the page.
4. You will be required to provide your name, email address, and username and password. If first time logging in, you will have to create.
5. Once registration is complete you can access the account to place your weekly order.
6. Once you have logged in to the school lunch program application, you'll need to provide:
  - a. Student's name, email address, cell phone number, school, grade and class.

#### ***How do I place a lunch order?***

Here are the basic steps to place orders:

1. Create an account, or login to your existing account on [NSLunch.ca](http://NSLunch.ca) by clicking "Order Now" button and selecting your school region (i.e., HRCE).
2. Add a Diner Profile for the student and then select "Order Meals Now" for that student to place an order.
3. Select meals for each school day for a two-week period. Every day, there will be two choices.
4. Confirm your meal selections. You will be able to choose the amount you wish to contribute to the meal, if any. If you choose to pay for the meal, you will be asked to provide your payment information. Once you input your information, click Submit Order to submit your order.
5. The student(s) will receive their meals at their school's designated lunch area.

\*First orders can be placed between **Oct 18-23rd** with lunches being delivered on the following **Monday Oct 28<sup>th</sup>**. Each week ordering opens from Friday to Wednesdays to be delivered the following week on Monday.

#### ***How much do lunches cost?***

The cost of a meal is \$6.50. Keep in mind that lunches are affordable for every family because the Nova Scotia School Lunch Program is pay-what-you-can. After choosing lunches, the ordering system gives families three payment options: pay the \$6.50 cost of the lunch, pay a part of the cost, or pay nothing. What you pay is kept confidential from school and lunch program staff.