



Rockingstone Heights School

Principal: Mike Corbett

Vice Principal: Kimberly Best-Janes

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

Upcoming Dates:

Dec 4th: Report Cards

Dec 5th: Progress Conferences

Dec 10th: International Human Rights Day

Dec 7th: Stuff a Bag

Dec 17th: Turkey Dinner

Dec 18th: Holiday Concert (P-3)
2:00 in the gym

Dec 20th: Last day of school

Dec 25th: Christmas Day

Dec 25th: First day of Hanukkah

Dec 26th: Kwanzaa

Jan 3rd: First day back

Contacts:

Phone: 902-479-4452

Website: <https://rsh.hrce.ca/>

Email: rhes@hrce.ca

Follow us on **X (twitter)**
@RHS_HRCE

Message to Rockingstone Heights Families:

It certainly feels like the weather is turning! We are excited for all the events on the schedule as we approach the end of the calendar year!

As the weather changes, don't forget to encourage your children to dress for the weather (coat, mittens, hat). It is often a few degrees cooler up on the hill, and students are going to spend part of their day outside when it isn't raining. Should you require any support for winter wear, please don't hesitate to reach out.

Arriving to school:

We have seen a marked reduction in the number of people driving up the hill, thank you for that!

In the next few weeks we are having some signage added reminding folks that the parking lot is for staff vehicles only.

If your child(ren) is not able to be at school for a given day, you can use the *School Messenger* app to report an absence. This will prevent the automated system from calling for an absence without notification.

Promoting Safe and Healthy Schools:

We continue to make student safety and wellbeing a high priority at Rockingstone. Classrooms seek to be a welcoming and safe environment for all students.

Teachers have regular class conversations about positive communication and peer support. Please encourage your student to share with their teacher any situation that makes them feel unsafe or unwelcome.



Recess and Lunch at Rockingstone Heights:

- If you are interested in working as a lunch monitor, please let us know!
- If you require support for ordering lunches, please contact Crystal Blackler

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
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 essential steps to place orders:

1. Create an account, or login to your existing account on 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.

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.