

This Week @ Oak Bay Nation

Week of September 12-16, 2016



"This Week @ Oak Bay Nation" Newsletter

This year the school will continue with our format of a weekly one-page school newsletter. "This Week @ Oak Bay Nation" will be emailed to parents and guardians each Monday. The newsletter will have timely news and links to keep parents informed.

Volunteer Driver Information

The school district policy regarding volunteer drivers requires each volunteer driver to provide a copy of their driver's license, vehicle insurance, driver's abstract and criminal record check. More information is available on the school website [Volunteer Driver Information](#)

Cops for Cancer (C4C)

Our C4C 2016 Campaign is kicking into high gear. Dodgeball Tourney, Amazing Race, Bottle Drive and Family Fun Fair are some of the events planned.



Have a look at the attached calendar to see all the events scheduled for our C4C 2016 Campaign.

Understanding & Supporting Your Anxious Child

An Evening for Parents with Dr. Kristin Buhr

Tuesday, October 11th from 7 to 9 p.m. at Oak Bay High

Dr. Buhr is a Registered Psychologist and Director of the North Shore Stress and Anxiety Clinic. She specializes in the assessment and treatment of stress-related problems, worry and anxiety, self-esteem issues, and mood difficulties in adolescents and adults.

REGISTER (no charge) online at: http://understanding_anxiety.eventbrite.com

See the attached brochure for more information.

DATES OF INTEREST

September 17
C4C Relay Event

September 19
Professional Development Day
(Classes not in session)

September 21
Student School Photos

September 22
Team Planning/Study Hall
No block 2

September 22
6:30 to 9:00 p.m. Open House
and C4C Silent Auction

September 23
Grade 9 Band Retreat

September 24
C4C Bottle Drive

September 24
Grade 10, 11, 12 Band Retreat

PAC Meeting
7 p.m. in the Library

October 6
Tour de Rock Riders arrive

October 10
Thanksgiving Day (No School)

October 13
Team Planning/Study Hall
No block 8

LINKS OF INTEREST

- ⇒ **Daily Announcements:** The school daily announcements can be viewed by clicking the link in the bottom left corner of the school home web page. Announcements are posted each morning at approximately 9:30 a.m. [Daily Announcements](#)
- ⇒ **Remind App:** Also, students and parents can sign up to receive the daily announcements via email through Remind App. To receive announcements via email, send an email to oakbaya@mail.remind.com. More information is available at this link [Remind App](#)
- ⇒ **Oak Bay Athletics:** For news and information about athletics at the school, please check the following link [Oak Bay Athletics](#)
- ⇒ **PAC Information:** Follow this link to the PAC page on the school website [Oak Bay PAC](#)
- ⇒ **Staff Directory:** For a list of Oak Bay Staff members. including staff emails, follow this link [Oak Bay Staff Directory](#)

Cops for Cancer

2016 Schedule of Events

SEPTEMBER 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 First Day of School. BBQ	7	8 Meeting @ lunch for ALL ppl. wanted to be involved.	9	10 Car Wash @ OB High. (10-2)
11	12 Canvassing begins.	13	14 Dodgeball Tourney @ lunch	15	16	17 Amazing Race
18	19	20	21 Bubble Soccer Tourney @ Lunch	22 Silent Auction @ Open House (6:30-9:30)	23 Terry Fox Run	24 Bottle Drive @ OB High
25 Family Fun Fair @ Willows Beach	26 Canvassing Funds are Due	27 Talent Show (OB High Theater)	28	29 Headshave, Grad Auction & Pie Throw.	30 Fashion Show & Art Show	

OCTOBER 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 Tour de Rock Arrives @ OB	7	8

**Together.
We Can.
Make a**



UNDERSTANDING & SUPPORTING YOUR ANXIOUS CHILD



An Evening for Parents with

DR. KRISTIN BUHR

Presented by the Oak Bay Family of Schools
(Margaret Jenkins & Willows Elementary,
Monterey Middle, & Oak Bay High)

**Tuesday, October 11th,
7 to 9 PM
at Oak Bay High
(in the Dave Dunnet Theatre)**

Dr. Buhr is a Registered Psychologist and Director of the North Shore Stress and Anxiety Clinic. She specializes in the assessment and treatment of stress-related problems, worry and anxiety, self-esteem issues, and mood difficulties in adolescents and adults. Check out http://www.nssac.ca/professionals_Buhr.html for further information.

**Don't miss this outstanding opportunity
to better understand and support
children and youth with anxiety!**

**REGISTER (no charge) online at:
http://understanding_anxiety.eventbrite.com**

Seats are reserved until September 16th for parents within the Oak Bay Family of Schools to register, after which remaining seats will be made available to parents throughout Greater Victoria.