



# This Week @ Oak Bay Nation

Week of November 6 - 10, 2017

## Important Information for Parents re Lean, Purple Drank, Dirty Sprite or Sizzurp

Parents should be aware of and have proactive conversations with their kids about a potentially lethal home-made mixtures of soft drink (typically sprite), hard, fruit-flavored candy (typically jolly ranchers or starburst for extra sweetness) and prescription-strength cough medicine. If a codeine-containing cough syrup is used, this is particularly dangerous as codeine is a powerful opioid drug. "Another active ingredient is promethazine, an antihistamine that causes sedative effects and can impair motor functioning" (<https://drugabuse.com/library/lean-purple-drank/>). This combo, called Lean, Purple Drank, Dirty Sprite or sizzurp is creating an instant high and euphoria and can cause seizures and breathing cessation. As reported in the U.S. Department of Justice, "the risk of death is highest when combined with other sedative drugs or depressant substances such as alcohol" (DrugAbuse.com).

Please be proactive and talk with your kids as this looks harmless but results can be devastating.

The **Oak Bay Cross Country team** captured both the boys and girls provincial titles on Saturday, November 4th at Jericho Beach in Vancouver. Leading the Oak Bay charge for the girls team was grade 12 standout Justine Stecko who captured the individual gold medal, finishing well clear of the rest of the field. Also scoring for the victorious Oak Bay team were grade 11 Alisa Lyesina in 20th place, grade 11 Sarah Bryan in 21st place and grade 12 Cara Butler in 37th place. Non scoring team members were grade 10 Delaney Chan in 40th place, grade 12 Lily Maric in 44th place and Mathilda Schuck in 158th. Oak Bay scored 43 points to defeat defending champion Sentinel Secondary of North Vancouver who scored 56 points. Revelstoke Secondary won the bronze team medal. A total of 242 runners and 27 teams competed in the senior girls 4.6 km race.

The Oak Bay boys team won their third consecutive BC title upsetting pre-race favourite R.E. Mountain of Langley. The Oak Bays boys team's scoring runners are all grade 11s and while they won the BC junior boys title last year, the team entered the championship as underdogs. Leading the way was Findlay Day, the Island Champion, in 11th place. Other scoring team members were Jack Boden in 22nd place, Michael Barber in 34th and Joe Robertson in 37th. Non scoring team members were grade 12 Ethan White in 138th and grade 11 Emmett Hodgins in 196th place. Oak Bay scored 67 points to win gold, R.E. Mountain scored 90 points to win silver and Reynolds scored 95 points to win the team bronze. A total of 233 runners and 27 teams competed in the senior boys 6.9 km race.

For the Oak Bay girls, it was their first BC championship title since 2009 and 12th title overall. For the Oak Bay boys it was their third consecutive BC title and 11th title overall. Both teams added one more title to their record number of BC high school cross country championships.

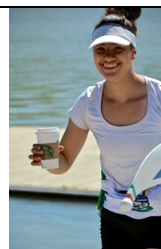
The Oak Bay junior boys team finished in 6th place and the junior girls finished in 16th place.

## Congratulations to Tess Mackay-Pettyjohn



Tess has been named to Team BC for the upcoming **National Rowing Championships**. This event brings the best rowers from across Canada together to compete for the National Championship title. This is a significant accomplishment and took many hours of physical and mental dedication.

*The Oak Bay Nation wishes Tess all the best as she represents the province.*



## Skills for School Stress Workshop

Is your child feeling overwhelmed with school? Are they struggling with perfectionism, procrastination or constant worry? Dr. Cole Little, registered clinical counsellor, is offering a two hour workshop where students can learn to manage this stress mess. The workshop is on Friday, November 24th from 2-4. *See the attached poster for more information.*

## Oak Bay Girls Development Field Hockey Team

The Oak Bay Girls Development Field Hockey Team had a great season. The athletes won their league standings with a 7 win, zero loss record and ended the season with a third place finish at the Tier 2 Island Championships. Congratulations to all the girls on a fantastic season.

## Grade 9 Breakfast

This **Thursday, November 9th** there is a grade 9 breakfast during study hall from 8:30-9:30 a.m. **All grade 9 students** are invited for free food, door prizes and to meet new people!

## Me to We Club is Collecting Batteries

Did you know that one AA battery has enough zinc to save the lives of six children in developing countries? Bring your old batteries (any type except cell phone batteries) to school and the Oak Bay Me to We Club will have collection boxes outside the library and throughout the school!

## Upcoming Dates

### November 9

End of Term 1

### November 9

Team Planning (No block 3)

### November 9

PARTY Program Grade 11s

### November 10

Yearbook Purchase Deadline

### November 10

Remembrance Day Assembly

### November 13

Remembrance Day in lieu  
No School

### November 20

Jazz Affair #34; 7 pm Theatre

### November 23

Team Planning (No block 4)

### November 24

Pro D Day

### November 27

Application to Post-Secondary  
Evening 7 pm Theatre

### November 27

PAC Meeting 7 pm Library

### Dec. 25 to Jan. 5

Winter Break. School re-opens  
on Monday, January 8