



# Oak Bay High School

## This Week @ Oak Bay Nation

### Week of January 29-February 2, 2018



#### “Empowering Families” Parenting Group

Discovery Youth & Family Substance Use Services offers parents and caregivers of teens a six-week skill development support group related to substance use.

The meetings will be April 19 to May 24 on Thursday evenings from 5:30 to 7:00 p.m. at the Esquimalt Health Unit. There is no cost.

Interested? Questions? See the attached poster for more details and registration information.

#### Deadline to Purchase Yearbook is February 9.

The last day to purchase a yearbook is Friday, February 9. Students will not be able to order one after that date. The cost is \$65 and can be purchased through [School Cash Online](#).

#### Parents of Grade 12s - Baby Photos for Yearbook

Do you have a special baby photo of your grade 12 grad that you would like included in the yearbook? The photo, with your write-up beside it, will be included in a special Baby Grad section of the yearbook.

Baby Grad pictures and write ups must be submitted by **Friday, February 24th**. The Baby Grad entries are optional and you may choose to enter one or two if you would like to. They may come from parents, siblings, grandparents, etc. The cost is \$10 per submission, to a maximum of 2 per student (exceptions may be made for a 3rd, but contact us first). Your write up may include anything you would like, a quote, well-wishes, memories, etc. The write up must be to a maximum of 60 words. If you have any questions, or concerns please email Mr. Turner at [bturner@sd61.bc.ca](mailto:bturner@sd61.bc.ca)

#### Science Department is looking for Gardening Supplies

The Science Department at Oak Bay High School is requesting lightly used gardening supplies from OB Nation including: gloves, shovels, trowels, pitchforks, weed pullers and hoes, in order to conduct a series of experiments and an environmental restoration of Bowker Creek behind the school for grades 9-12.



On February 28, 2018, schools across Canada will be recognizing **PINK SHIRT DAY**, which symbolizes a stand against bullying.

Please see the link for more information <https://www.pinkshirtday.ca>

In support of this, students, parents, teachers and staff have the opportunity to purchase a PINK SHIRT for just \$6 and/or a BANDANA for \$4. You can place your order online [here](#) or see Ms. Adams in the Accounts office. Orders must be placed by JANUARY 31, 2018.

T-shirts and Bandanas will be delivered to our school on or by February 27th and can be collected from the school office.

#### Yamate (Japan) Exchange Program

The Victoria International School Program has 8 spots left for the Yamate (Japan) Exchange Program occurring this year! Japanese students from Yamate High School will be arriving in Victoria on April 13<sup>th</sup> and will depart on April 27<sup>th</sup>. Participating SD 61 (ages 15-17) students will depart for Japan on July 20<sup>th</sup> and will return back to Victoria on August 4<sup>th</sup>. The international program is also looking for SD 61 families that can host Yamate students during their stay in Victoria. Families willing to host a Japanese student will receive \$200 in funding per student and the cost of the travel portion of the exchange program is \$2600. Whether you choose to host and/or travel, these are great opportunities to engage with the world!

For more information please contact Reid Litster at the SD 61 International Student Program at [rlitster@sd61.bc.ca](mailto:rlitster@sd61.bc.ca)

#### Upcoming Dates

**Jan. 29**

Pro-D Day

**Jan. 30**

LEED Ceremony 11 am

**Jan. 31**

Course Planning Assemblies

**Feb. 1**

Mini Course Fair and Grad Assembly

**Feb. 6 SOLD OUT**

“Impact of Digital Distraction on Developing Brains”

**Feb. 6**

TCP2 Presentation for gr. 10s

**Feb. 8**

Team Planning (no block 8)

**Feb. 9**

YPI Finale, Block 6

**Feb. 12**

Family Day (no school)

**Feb. 15**

Band Concert 7 pm

**Feb. 19**

PAC Meeting 7 pm Library

**Feb. 21**

“Be More Than a Bystander” assembly for grades 11 & 12

**Feb. 22**

Team Planning (no block 4)

**Feb. 23**

Pro-D Day

**Feb. 23**

Love is Love Conference at Oak Bay High

**Feb 23 - March 3**

Musical “Anything Goes”

**Feb. 28**

Pink Shirt Day



## **“EMPOWERING FAMILIES” Parenting Group**

**Discovery Youth & Family Substance Use Services**  
Offers Parents and Care Givers of Teens  
A Six-week Skill Development Support Group  
Related to Substance Use

### ***Topics will Include:***

- Strengthening relationships
- Adolescent development
- Communication skills
- Risky behavior and boundary setting

**Interested? Questions?  
Please Call  
250-519-5313 (0) or email  
Discovery.SouthIsland@viha.ca  
for more information  
or to enroll in the next session.**

### **Where and When?**

**Thursday evenings 5:30—7 pm**

**DATES: Thursdays April 19—May 24, 2018  
LOCATION: 530 Fraser Street (2nd Floor)  
Esquimalt Health Unit, Victoria, BC**

**Registration Deadline: April 8, 2018**

- Facilitated by Discovery counsellors
- There is no cost to the group
- Includes a Free copy of the book *“Positive Discipline for Teenagers.”*
- Refreshments and snacks provided

