



# Oak Bay High School

## This Week @ Oak Bay Nation

### Week of January 8-12, 2018

#### PARENTS IN THE KNOW

A 10 week educational group designed to provide tools and support for parents of teens (ages 13-19), who would like to begin to explore their parenting and the challenges that arise during the teenage years.

The group meets from January 11 to March 15 at Oak Bay High School on Thursdays at 6:30 p.m. for two hours, to discuss things such as adolescent development, communication skills, boundaries, and substance use, among others topics. This helps to create a dialogue and learning opportunity for parents interested in changing the dynamic within the home.

The group costs \$45/person or \$65/couple and parents must pre-register. Please contact Mike Schmalz for further information or to sign up for this group.

Mike Schmalz, Boys & Girls Club

Phone: 250-384-9133 ext. 222

Email: [mschmalz@bgcivc.org](mailto:mschmalz@bgcivc.org)

#### SAVE THE DATE!

##### The Impact of Digital Distraction on Developing Brains

Oak Bay High School, Monterey Middle School, and Lansdowne Middle School Parent Advisory Councils have partnered to invite Dr. Paul Mohapel to present "The Impact of Digital Distraction on Developing Brains".

The opportunity to reserve your free ticket(s) for this event will be available soon.

The event details are as follows:

DATE: Tuesday February 6, 2018

TIME: 7:00 pm

PLACE: Oak Bay High School Dave Dunnet Theatre, 2121 Cadboro Bay Road

If you have any questions, please contact Nancy Mabey at [nmabey@telus.net](mailto:nmabey@telus.net).



#### 2018 Vancouver Island Parent Conference

##### PARENTING NOW FOR THE FUTURE

Saturday, March 3, 2018

Registration is open for the 2018 Vancouver Island Parent Conference at [www.vipc.ca/registration](http://www.vipc.ca/registration).

A full description of all speakers and workshops can be found at [www.vipc.ca](http://www.vipc.ca). Don't miss out on the special early bird offer!

*Presented by District Parents' Advisory Councils of Greater Victoria & Sooke*

#### Upcoming Dates

##### Jan. 11

Team Planning (No block 3)

##### Jan. 15

PAC Meeting 7 pm Library

##### Jan. 15

Scholarship Workshop  
7 pm Theatre

##### Jan. 16 & 17

Drama Evenings 7 pm

##### Jan. 23, 24, 25

Evenings of Dance 7 pm

##### Jan. 25

Team Planning (no block 1)

##### Jan. 26

Communications 12 Provincial  
Exam at 9 am

##### Jan. 29

Pro-D Day

##### Jan. 31

Course Planning Assemblies

##### Feb. 1

Mini Couse Fair & Grad  
Assembly

##### Feb. 6

"Impact of Digital Distraction  
on Developing Brains"  
7 pm in the Theatre

##### Feb. 8

Team Planning (no block 8)

##### Feb. 9

YPI Finale, Block 6

##### Feb. 12

Family Day (no school)

##### March 19 to April 3

Spring Break  
School re-opens on April 4