



Oak Bay High School

This Week @ Oak Bay High

Week of October 22 - 26, 2018

Jack Wallace Memorial Track Resurfacing Project "Keeping the Community on Track"

The Oak Bay High track was refurbished as training grounds for the 1994 Commonwealth Games and is now 25 years old and needs to be resurfaced. Oak Bay High is looking for community support to raise \$250,000 to resurface the track and provide access and training areas for athletes with disabilities.

Read Keri Coles' article on the Black Press Victoria News website from October 16, 2018 - [Oak Bay High spearheads campaign to resurface Commonwealth Games training track](#)

Are you interested in supporting the refurbishment of the Jack Wallace Memorial Track?

Please consider donating through the school website: <https://oakbay.sd61.bc.ca/> under the "Make a Donation" link. Indicate Oak Bay High School and in the memo section note "Track Refurbishment".

Winter Clothing Drive

Oak Bay High School's Community Leadership students will be having a **winter clothing drive from October 29 to November 2.**

Boxes will be situated outside the office and all donations go to Our Place!



Halloween Dance

We have our only full school dance this **Thursday, October 25 from 7-10 pm.** Tickets are \$12 and **will not be sold at the door.** Students are asked to bring their student cards as a form of identification. The Halloween theme invites Oak Bay students to come in costume, and we would remind students this is a school event and, as such, our school Code of Conduct applies with regards to appropriate costumes, no use or suspected use of drugs or alcohol and students must understand there will be a bag and coat check. We take pride in offering a safe, fun event for our students and we rely on full cooperation from all those involved in this event.

Grade 12 Students - Grad Photo Sessions

Reminder that Grad photo appointments, for Grade 12 students who signed up online, are this week. Photo sessions take place at the Oak Bay Rec Centre. Contact Mountain West Studios with any questions at 1-604-433-0551 or email grads@mountainwest.ca

Post Secondary Options Evening TONIGHT Invitation to Grade 11 & 12 Students and their Parents

Come and share an evening with UVic, Camosun College, Lattitude Global Volunteer and our District. Grade 11 and 12 students and their parents are invited to a Post-Secondary Options Evening at Oak Bay High on **Monday, October 22nd in the Dave Dunnet Theatre from 7:00 - 8:30 pm.**

Upcoming Dates

October 22-26

Grad Photos Sessions at Oak Bay Rec Centre

October 22

Post-Secondary Options Meeting 7:00 p.m. for parents and students

October 23

Grade 9 Immunization forms are due in the office

October 23

Band, Strings and Orchestra Concert 7:00 pm Theatre

October 24

Yearbook purchase deadline

October 25

Team Planning (no blk A)

October 25

PARTY Program

October 25

Halloween Dance 7-10 pm

October 26

Student Photo Retakes

October 26

PJ Day

Oct 29-Nov 2

Winter Clothing Drive

October 30

Lock down drill after lunch

October 30

Careers Evening 6:30-7:30 at Reynolds High School

October 31

Dr. Tilman Ruff presentation in afternoon

December 24 - January 4

Winter Break

Students return to school on Monday, January 7

Digital Distractions

Last week students attended a presentation by Paul Mohapel on “Digital Distractions”. The following suggested reading list was given to students after the presentation and may be of interest to parents.

SUGGESTED READING LIST

Web resources:

The Centre for Human Technology: <http://humanetech.com>

Common Sense Media: <https://www.common Sense Media.org>

Mindful Kids: <https://mindfulkids.wordpress.com/>

Mindful Schools: <http://www.mindfulschools.org>

Mindfulness for Teens: <http://mindfulnessforteens.com>

Books:

Tom Chatfield (2012). *How To Thrive In The Digital Age*. MacMillan.

Frances Booth (2013). *The Distraction Trap: How To Focus In A Digital World*. Pearson Education Ltd.

Shaahin Cheyene (2012). *How the Internet Is Changing Our Brain:*
http://www.huffingtonpost.com/shaahin-cheyene/internet-brain_b_1248845.html

Nicholas Carr (2010). *The Shallows: What the Internet Is Doing To Our Brains*. W.W. Norton & Company.

Victoria L. Dunckley (2014). *Gray Matters: Too Much Screen Time Damages the Brain:*
<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

Howard Gardner (2014). *The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World*. Yale University Press.

Larry D. Rosen (2012). *iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us*. Palgrave Macmillan.

Dan Siegel & Tina Payne Bryson (2011). *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. Bantam Books.

Gary Small (2009). *iBrain: Surviving The Technological Alteration Of The Modern Mind*. Harper Paperbacks.

Sherry Turkle (2012). *Alone Together: Why We Expect More from Technology and Less from Each Other*. Basic Books.



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“Take Our Kids to Work” Day

Wednesday, November 14

As part of our commitment to fulfil the expected outcome for the new Career Education curriculum, grade 9 students and parents/guardians are invited to participate in the annual job shadow “Take Our Kids to Work” day that takes place on Wednesday, November 14. The primary objective of Take Our Kids to Work is to link classroom learning with the workplace. This job shadowing initiative allows the entire community - parents, teachers, employers and workers - to play a part in the career development of Grade 9 students, and it supports learning outcomes for Career Life Education.

Consent forms with more information are going home with grade 9 students today and tomorrow. Parents are asked to sign the forms and return them as soon as possible.

Have you always wanted to run off and study art in Paris? and Florence?

This is for you!

After years of students asking me to plan and organize a trip just for Visual Arts - I have for July 2019. ***There is a MANDATORY Student Information Meeting during Focus Block on Wednesday, October 24 in room 146.***

This trip is truly unique as I have created it specifically for an experience of art history in Paris and Florence with art workshops at the Louvre, as well as the Galleria in Florence.

Galleries and sites we will be visiting are:

PARIS:

- Notre Dame Cathedral and Latin Quartres
- Eiffel Tower
- Champs Elysees
- Arc de Triomphe
- Musee d’Orsay
- Montmartre
- Salvador Dali Musee
- Day trip to Giverny to visit Monet’s house and gardens
- Versailles
- Louvre - PAINTING WORKSHOP with the Impressionism Art Expert at the Louvre.
- Opera House



FLORENCE:

- Accademia Gallery - Two 3-hour DRAWING WORKSHOPS WITH TOUR ON MASTER ARTISTS walking through Florence and Drawing
- Uffizi Museum
- Bargello Museum
- Palazzo del Podesta
- Basilica Santa Croce - Michelangelo Galileo and Machiavelli art works.



There is free time and shopping built into this, but as you can see, this is highly focused on art history, experience and art making.

Next Wednesday, October 22 during Focus Block, Paz, the director of CSLI Tours, will present the information to students. **Students make sure you are in room 146 for this presentation.** Cost is dependent on multiple factors and options will be conveyed at the student information session on October 24.

<http://www.cslytours.com/>

Corey Wright
Senior Visual Arts Teacher
