



Oak Bay High School

This Week @ Oak Bay High

Week of January 7-11, 2019

New BC Graduation Program

The Ministry of Education sent out a News Release regarding the new Graduation Program. The release is interesting and has information as it pertains to the BC Graduation Program and new curriculum: <https://news.gov.bc.ca/releases/2018EDUC0072-002417>

- To learn more about the updated B.C. Graduation Program and new curriculum, visit: www.curriculum.gov.bc.ca
- The new B.C. Graduation Program Policy Guide, the B.C. Graduation Program Implementation Guide and A Parent's Guide to the B.C. Graduation Program (Grades 10-12) are all available online: www.gov.bc.ca/education/graduation

Parents of Grade 12s - Baby Submissions for Yearbook

Yearbook Baby Grad submission is now open. All pictures and write ups must be submitted by **Friday, February 22nd**.

The Baby Grad entries are optional. 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. 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. Please submit through this form <http://bit.ly/2019babygrad> Do not drop off hard copies of pictures or email them.

If you have any questions or concerns, please contact Ben Turner at bturmer@sd61.bc.ca

Teen Mindfulness Group at the YMCA-YWCA

The Teen Mindfulness Group is a Y Mind program that supports teens ages 13 to 17 who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety.

The group meets weekly for six weeks and is run in a welcoming and supportive environment. Program facilitators are trained mental health professionals and are skilled at teaching healthy coping skills based on evidence based approaches of Mindfulness and Acceptance and Commitment Therapy (a Cognitive – Behavioural approach).

Eligibility

- Ages 13-17
- Experiencing anxiety, stress, and/or worrying (no formal diagnosis required)
- Ability to attend an Information Session as well as all 6 group sessions
- Not currently experiencing moderate to severe mental health symptoms

Registration / Information

Attending an information session is mandatory prior to participating in the program. Register for an upcoming information session by emailing us at mindfulness@vancouverisland.ca. Or for more information call: 250-386-7511 ext. 413.

Information Sessions

Downtown Victoria Y – January 16th & 23rd, 2019, 4:30-6:30pm

Program Sessions

Downtown Victoria Y – February 6th to March 13th, 2019 (weekly on Wednesdays from 4:30-6pm)

Upcoming Dates

January 8

OB Band Parents Assn. Mtg.
Band Room 7 pm

January 10

Team Planning (no Block C)

January 14

Scholarship Workshop 7 pm

January 16-17

Drama Evening 7 pm

January 21

PAC Meeting 7 pm

January 22-23

Evenings of Dance 7 pm

January 24

Team Planning (no Block A)

January 28

Pro-D Day (no classes)

January 29

Jazz Affair 7 pm Theatre
All Jazz and R&B Bands

January 30

Course Planning Assemblies
9s Block C
10s Block D
11s Block E

January 31

Mini Course Fair & Grad
Assembly during Focus Blk.

February 18

Family Day (No School)

March 14

Reports cards sent home

March 18 - 29

Spring Break

Remind App Changes

Many students and parents at Oak Bay use the Remind app to receive messages from teachers and the school, ex. daily announcements, team information, etc. If you or your student use the Remind app, please read the following message from the Remind team regarding upcoming changes that will affect Rogers and Bell customers:

We're sorry to write with a disappointing update. As you might remember from this summer, Rogers Canada was planning to charge Remind a fee that made it impossible for us to continue supporting text messaging for anyone with a Rogers wireless plan. Now, Bell Canada has decided to charge Remind a similar fee as well.

Please read on for all the important details—we promise to keep this as short as we can.

What's happening?

To offer our text messaging service free of charge, Remind has always paid for each text that users receive or send. Now, Rogers and Bell are charging us *additional* fees intended for companies that send spam over their networks. Remind messages aren't spam, but our efforts to resolve the issue with the telecoms haven't been successful.

As a result, the Rogers and Bell fees increase our costs of supporting SMS in Canada to at least 25X our current cost. This isn't financially feasible for us to support, and it's forcing us to end Remind text messaging for everyone who has a wireless plan on the Rogers and Bell networks.

How will this affect you?

Beginning **January 28, 2019**, people in your classes who normally get Remind texts will no longer receive your messages if they have wireless plans with Rogers, Bell, or their respective subsidiaries.

What can you do?

To make sure people in your classes continue receiving your messages, encourage them to [download the mobile app](#) or [enable email notifications](#). Our team's also working hard on a solution that allows your classes to continue to use Remind by text, and we'll share more details with you before January 28.

In the meantime, we'll keep fighting to make sure Canadian educators, students, and parents have access to effective communication. To do this, we need your help: If using Remind has made a positive impact in your classroom, at your school, or anywhere in between, please ask Rogers and Bell to reverse the fee here: www.remind.com/canada-carrier-fees

We're very grateful for your support, and we'll be in touch soon with an update.

Sincerely,
The Remind team
