



# Oak Bay High School

## This Week @ Oak Bay High

### Week of April 15-19, 2019

#### Community Screening of 'Angst' TONIGHT

'Angst' is an hour-long film that addresses generalized anxiety and anxiety disorders in youth. We are excited to invite parents and community members of Oak Bay to join us for this film as the launch into our Mental Health and Wellness Week. Following the screening we will have a panel of mental health experts for a Q&A including Matt Staples (Counsellor at Oak Bay High), Lisa Van Bruggen (Registered Psychologist with the Queen Alexandra Centre for Children's Health) and Charlotte Brown (Public Health Nurse with the Victoria Island Health Association).

Admittance is by donation at the door (suggested \$5 per family) that will go towards supporting Oak Bay High's Connect to Care student initiatives.

To reserve your seat, please follow this link (<http://bit.ly/OBHAngst>) or use the QR code below (open the camera on your phone and hover over the QR code as it will open the Eventbrite invitation for you to "purchase" your free tickets).



#### Tribune Bay Outdoor Education Centre Ocean Literacy and Leadership Camp for Young Women

In partnership with several other school districts in southwestern British Columbia, secondary schools throughout the Greater Victoria School District are offering a fantastic opportunity for **up to 40 female secondary students (ages 15 to 18) to participate in the Ocean Literacy & Leadership Academy/Camp for Young Women**, taking place for **a week this summer at the Tribune Bay Outdoor Education Centre on Hornby Island!**

Please go online - at <https://www.tribunebayoutdoored.ca/index.php/leadership-academies/> - to find out more about this camp/academy along with registration information/forms/etc. As **space is limited**, interested students are encouraged to **complete and submit the registration forms ASAP**.

When registering, students will need their Personal Education Number (PEN) – noted on their report card or available from their school office – and they will be asked to note their school contact person for which they should put Mr. Shrubsole's name and email address – Derek Shrubsole, [dshrubsole@sd61.bc.ca](mailto:dshrubsole@sd61.bc.ca)

Prior to the camp/academy, participating students need to complete a series of online learning activities. Combined with the academy/camp experience itself, students then receive 4 secondary credits through NIDES (North Island Distance Education) for their participation. Perhaps more importantly, the online component is aimed at deepening their knowledge of climate change and leadership principles as well as starting to plan an action-project, all of which will further the quality and depth of their experience at the summer academy!

#### Upcoming Dates

##### April 15-18

Mental Wellness Week

##### April 15

"Angst" 7:30 to 9:00

##### April 17

Choir Concert 7:00 pm

##### April 19

Good Friday Holiday

##### April 22

Easter Monday Holiday

##### April 23

Grad Transitions deadline

##### April 23-24

Dance Festival

##### April 25

Team Planning (no Blk H)

##### April 25

District Career Fair

##### April 26

Grade 9 "Speak Out" in a.m.

##### May 1

Westcoast Jazz Festival  
In Nanaimo

##### May 2-5

Grade 9 Band & Choir Trip  
to Whistler

##### May 6

Student Council Election

##### May 9

Team Planning (no C)

##### May 10

Grad Block Party and Dinner  
Dance

##### May 13

PAC AGM 7:00 pm