



Oak Bay High School

This Week @ Oak Bay High

Week of April 1-5, 2019

Community Screening of 'Angst'

'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). In the two days following this event, students at Oak Bay High will be viewing this film. We are eager to see you April 15th at 7:30 pm in the Dave Dunnet Theatre. Admittance is by donation (suggestion of \$5 per family). Please click [here to view the 'Angst' trailer](#).

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).



Parent Learning Opportunities

Victoria Confederation of Parent Advisory Councils (VCPAC) has funding for four parents to attend the annual **BCCPAC (BC Confederation of Parent Advisory Councils) Conference**, taking place May 3-5, 2019 in Richmond, BC. The [BCCPAC Conference](#) is the largest of its kind focused on the education and support of [of parents by parents](#), and is unique in its ability to provide parents the opportunity to engage directly with senior officials within the Ministry of Education. This year's theme is 'Empowerment through knowledge and sharing.' Please send requests to [in-fo@vcpac.ca](mailto:info@vcpac.ca)

VCPAC also has some funding to help parents attend the [Inclusion BC Conference](#), being held in Victoria from May 23-25 at the Victoria Conference Centre. **Inclusion 2019** is BC's premier learning event for intellectual disability, inclusion and diversity. Inclusion 2019 is a unique opportunity to get connected to the latest information and resources on inclusion and diversity, and is being co-hosted with Community Living Victoria, Victoria's largest non-profit community living services provider on Vancouver Island. Please send requests to info@vcpac.ca

VCPAC Award Nominations

Victoria Confederation of Parent Advisory Councils (VCPAC) is accepting nominations until May 3rd for the 2019 VCPAC awards, to take place at the VCPAC General Meeting on May 28th at Mt Douglas Secondary School, from 7 – 9 pm. The awards are an opportunity to show appreciation to the many individuals who contribute to the learning experience of our students. More information available at: [VCPAC Award Nominations](#)

Upcoming Dates

April 9
Band Parents Assn Meeting
7 pm Band Room

April 9-11
Choir Festival

April 11
Team Planning (no Blk A)

April 11
New Parent Evening
7:00 - 8:00 p.m.

April 12-13
Victoria Band Festival
Concert Bands 9,10,11,12

April 12
Pro D Day

April 15
PAC Meeting 7:00 pm

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

New Oak Bay High Parent Evening

Parents who will be **NEW** to Oak Bay High in **September 2019** are welcome to join us on **Thursday, April 11 from 7:00 to 8:30 p.m.** for a presentation about what to expect, as well as brief tours around the school. Although new students are welcome to attend, the information is parent-focused.

The evening will start in the Dave Dunnet Theatre at 7:00 p.m. with information for parents. This will be followed by school tours starting at 7:30 p.m.

Important Information for Grade 12s Graduation Transitions Course deadline is April 23.

Grads and Parents - a reminder that the deadline to complete the Grad Transitions requirements is **Tuesday, April 23**. Grade 12s who have not completed their Grad Transitions Plan will not be allowed to attend the Grad dinner dance in May. GT is a grad requirement.

Where do I find out what I have completed?

- www.oakbaycareered.weebly.com
- Click on Graduation Transitions - GT Status - Choose your Advisor

Where do I find the assignments?

- www.oakbaycareered.weebly.com

Where do I hand in my assignments?

- Email your assignments to your GT Advisor or drop them off in your Advisor's mailbox in the office.

Who do I contact if I have questions?

- See your GT Advisor. (Advisories 1-30 see Ms. Taggart and Advisories 31-59 see Ms. Guy)
-

School District Career Fair - April 25

The annual SD61 Career Fair is just around the corner! It takes place at **Archie Browning Curling Arena** (1151 Esquimalt Road), on **Thursday, April 25th** from **9:00am – 2:30pm**. There will be upwards of 100 different exhibitors, covering a wide range of post-secondary and industry sectors.

These sectors will include Health, Trades, Business, Tourism & Hospitality, Technology, Sport & Exercise, Art, Culture, Fashion, Agriculture, Education and much more. Within each of these sectors, we will be showcasing a variety of careers represented by passionate professionals that are excited to talk with our students about their jobs, how they got there, and what they love about them! In addition to having students learn about possible career and schooling options beyond high school, we also see the value in encouraging our students to engage in meaningful conversations with adults in industries they may be interested in.

Bus transportation will be arranged to and from the school. Students in Grade 10, as part of their Career Life Education Program (CLEA) that they are enrolled in, are strongly recommended to attend.

Students must sign up with Ms. Giesbrecht in the Career Centre.
