

# Missing - sculpture on the right is still missing ....



These two parrots were created by students in the ceramics program at Oak bay for use in the School Production of Mary Poppins. They are beautiful sculptures and I can understand why anyone might want to have them but they belong to the students who made them. They took considerable time to create and it was with the understanding that they would be returned to the students who created them at the end of the production.

If you know anything about the whereabouts of the sculpture on the right (the left one was found) please help to get them returned to their rightful owners. Deliver them to the office or if you see them in someone's possession please let them know they are missing school property and should be returned.

H Worsley.

# New Timetable

Starting September 2019

# Summary

- **School hours:** 8:35 - 3:10 (**Lunch:** 50 minutes)
- **Focus Block:** 4 days (Monday through Thursday) - 45 minutes long
- **Advisory:** 20 minutes on Friday
- **Blocks:** 70 minutes

## **Block order: September - January**

- *Monday: A(focus)BCD*
- *Tuesday: E(focus)FGH*
- *Wednesday: A(focus)BCD*
- *Thursday: E(focus)FGH*
- *Friday: alternating week 1/week 2*
  - *A(Adv)BCD*
  - *E(Adv)FGH*

## **Block order: February - June**

*(morning flip & afternoon flip)*

- *Monday: B(focus)ADC*
- *Tuesday: F(focus)EHG*
- *Wednesday: B(focus)ADC*
- *Thursday: F(focus)EHG*
- *Friday: alternating week 1/week 2*
  - *B(Adv)ADC*
  - *F(Adv)EHG*

# September - January

## WEEK 1 AND 3 OF EACH MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY(1)
A	E	A	E	A
8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:35
Focus	Focus	Focus	Focus	<b>Advisory</b>
9: 50 - 10: 35	9: 50 - 10: 35	9: 50 - 10: 35	9: 50 - 10: 35	9:40 - 10:00
B	F	B	F	B
10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:05 - 11:05
Lunch	Lunch	Lunch	Lunch	Lunch
11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:05 - 11:35
C	G	C	G	C
12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	11:40 - 12:40
D	H	D	H	D
2:00- 3:10	2:00- 3:10	2:00- 3:10	2:00- 3:10	12:45 - 1:45

# September - January

## WEEK 2 & 4 OF EACH MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY(2)
<b>A</b>	<b>E</b>	<b>A</b>	<b>E</b>	<b>E</b>
8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:35
Focus	Focus	Focus	Focus	<i>Advisory</i>
9: 50 - 10: 35	9: 50 - 10: 35	9: 50 - 10: 35	9: 50 - 10: 35	9:40 - 10:00
<b>B</b>	<b>F</b>	<b>B</b>	<b>F</b>	<b>F</b>
10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:05 - 11:05
Lunch	Lunch	Lunch	Lunch	Lunch
11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:05 - 11:35
<b>C</b>	<b>G</b>	<b>C</b>	<b>G</b>	<b>G</b>
12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	11:40 - 12:40
<b>D</b>	<b>H</b>	<b>D</b>	<b>H</b>	<b>H</b>
2:00- 3:10	2:00- 3:10	2:00- 3:10	2:00- 3:10	12:45 - 1:45

<i>2nd THURSDAY of the month</i>	<i>Last WEDNESDAY of the month</i>
<b>Team Planning</b>	<b>Team Planning</b>
<b>8:35 - 9:20</b>	<b>8:35- 9:20</b>
<b>E</b>	<b>A</b>
9:25 - 10:35	9:25 - 10:35
<b>F</b>	<b>B</b>
10:40 - 11:50	10:40 - 11:50
<b>Lunch</b>	<b>Lunch</b>
11:50 - 12:40	11:50 - 12:40
<b>G</b>	<b>C</b>
12:45 - 1:55	12:45 - 1:55
<b>H</b>	<b>D</b>
2:00- 3:10	2:00- 3:10

# February - June

## WEEK 1 AND 3 OF EACH MONTH

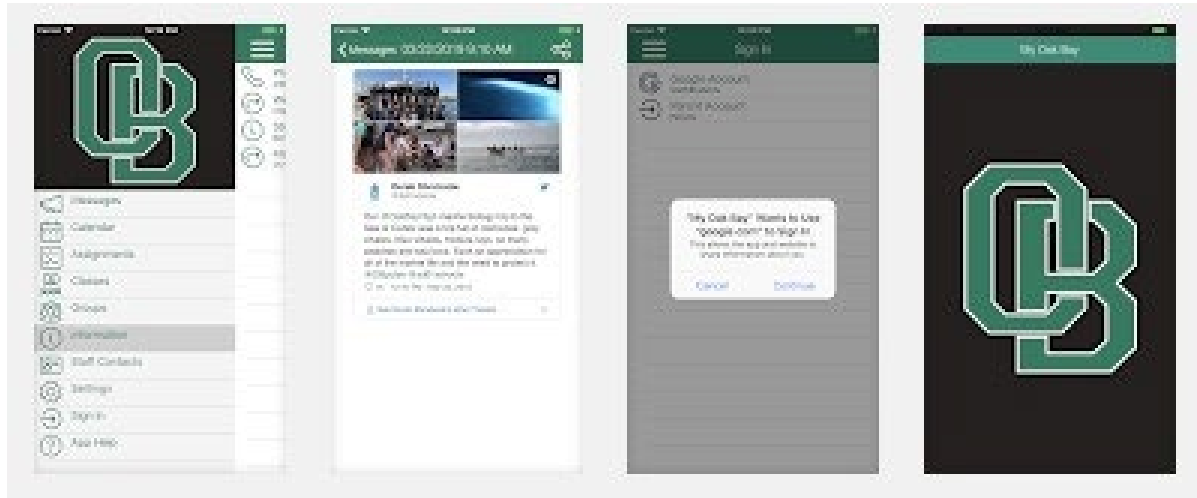
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY(1)
B	F	B	F	B
8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:35
Focus	Focus	Focus	Focus	<i>Advisory</i>
9:50 - 10:35	9:50 - 10:35	9:50 - 10:35	9:50 - 10:35	9:40 - 10:00
A	E	A	E	A
10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:05 - 11:05
Lunch	Lunch	Lunch	Lunch	Lunch
11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:05 - 11:35
D	H	D	H	D
12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	11:40 - 12:40
C	G	C	G	C
2:00- 3:10	2:00- 3:10	2:00- 3:10	2:00- 3:10	12:45 - 1:45

# February - June

## WEEK 2 & 4 OF EACH MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY(2)	2nd THURSDAY of the month	Last WEDNESDAY of the month
B	F	B	F	F	Team Planning	Team Planning
8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:45	8:35 - 9:35	8:35 - 9:20	8:35 - 9:20
Focus	Focus	Focus	Focus	Advisory	F	B
9:50 - 10:35	9:50 - 10:35	9:50 - 10:35	9:50 - 10:35	9:40 - 10:00	9:25 - 10:35	9:25 - 10:35
A	E	A	E	E	E	A
10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:40 - 11:50	10:05 - 11:05	10:40 - 11:50	10:40 - 11:50
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:50 - 12:40	11:05 - 11:35	11:50 - 12:40	11:50 - 12:40
D	H	D	H	H	H	D
12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	12:45 - 1:55	11:40 - 12:40	12:45 - 1:55	12:45 - 1:55
C	G	C	G	G	G	C
2:00 - 3:10	2:00 - 3:10	2:00 - 3:10	2:00 - 3:10	12:45 - 1:45	2:00 - 3:10	2:00 - 3:10

# New OB App in Sept 2019!



...and our **NEW** OB app will keep your timetable for you and let you know what block is running when ...  
*Stay tuned for more info about the OB app!*



# Courses unavailable in September 2019

*Alternate choices have been assigned.  
Students should see counsellors if they have any  
questions.*

# Unavailable Courses for Sept. 2019

Dual Credit 20th Century World History

Comparative World Religions

Art Dramatique 11

Icons Through Art History 12

History Through Sport

Musical Theatre 9

Combo - Life Science 11 /Anatomy &  
Physiology 12 (Bio 11/12 Combo)

Robotics 11/12

Composition 12

Literary Studies 12

New Media 12

CONNECT+  
TOCARE

Mental Health & Wellness Week

*April 15th - 18th*

## Mental Health & Wellness Week (April 15th - 18th)

- Schedule of events/presentations/workshops on the next slides
- Admittance to presentations/workshops are on a first come, first serve basis & all have a limited capacity
- presentation/workshop locations will be posted shortly as well as provided in the next advisory
- Grade 10 CLE: as part of your CLE 10A, grade 10s must complete a reflection sheet found on their MyBluePrint for each session that they attend.



Monday, April 15th

**All day:** Know More Awareness Tour - sign up by class during school hours. Individuals students are welcome to come through at any time.

**Advisory:** Connect to Care members will provide schedule with room numbers for the week.

**Lunch:** Art Therapy with the Pandora Art Collective

Tuesday, April 16th



**Focus presentations/workshops:**

- ★ Student Yoga
- ★ What is your first step after high school? Mapping that out with a Vision Board
- ★ Consent & Connections
- ★ Positively Impacting Lives
- ★ Nutrition & How it relates to Mental Health
- ★ Relationships

**Block G:** Angst The Movie - **ALL grade 9s** in the theatre (attendance in class first)

**Lunch:** Yoga for staff

**Block A:** Angst The Movie - **ALL grade 10s** in the theatre (attendance in class first)

**Block B:** Angst The Movie - **ALL grade 11s** in the theatre (attendance in class first)

Wednesday, April 17th



**Focus presentations/workshops:**

- ★ Student Yoga
- ★ The Upsides & Downsides of Anxiety
- ★ What is your first step after high school? Mapping that out with a Vision Board
- ★ Peer Support Basics
- ★ Understanding Harm Reduction: psychoactive substances, addiction & the war on drugs
- ★ Taming the Inner Critic
- ★ Brain & Behaviour
- ★ A Dialogue about Social Media & Gaming
- ★ Positively Impacting Lives
- ★ Gender & Consent: An Introduction
- ★ Relationships

**Block D:** Angst The Movie - **ALL grade 12s** in the theatre (attendance in class first)

**Lunch:** Care Fair (Community Resource Fair in the cafeteria) & PATS (Pet Therapy Dogs)

Thursday, April 18th



**Focus presentations/workshops:**

- ★ Student Yoga
- ★ OMG! I have an IMG? Revealing and Investigating your Inner Mean Girl with Self-Love.
- ★ What is your first step after high school? Mapping that out with a Vision Board
- ★ Understanding Overdose: Fentanyl, the Opioid Epidemic & Strategies for Saving Lives
- ★ Stress Relief & Stress Management
- ★ A Dialogue about Social Media & Gaming
- ★ Natural, Medicinal Blends to assist with Mental Health
- ★ Positively Impacting Lives
- ★ The Science of Happiness
- ★ Conversations about Mental Health
- ★ Relationships



# CONNECT TOCARE+

Connect to Care is very excited to offer you these events.

Please prepare in advance so that you are able to attend some of these sessions.