



Oak Bay High School

This Week @ Oak Bay High

Dec. 16-20, 2019

Making the Transition – Understanding the pressures of your first year at university.

Presentation by Rebecca Gagan, Assistant Teaching Professor in the Department of

English and founder of UVic Bounce

Thursday, **January 23, 2020**

6:30pm – 7:30pm

BATTERY DRIVE

Oak Bay High is having a **USED** battery drive. Please make a difference and bring in your used batteries! The battery drive helps to reduce the amount of electronic waste going to landfills and helps save the lives of many children. Every AA battery contains the same amount of zinc that is needed to save the lives of six children. Zinc deficiency is a global health challenge – more than 450,000 children die every year from complications associated with zinc deficiency. So please send your used batteries with your students this week. Much appreciated! ▲

Happy December! It is that time of the year where Oak Bay students bring in donations to put towards the sponsorship of families in Victoria who need a Christmas hamper so that their family Christmas can be a little more merry. Mrs. Kinnear works with an external, reliable organization to identify families in the Victoria that are in need. This year Oak Bay High is sponsoring 14 separate families!

Certain advisories are leading the collection and purchasing of gifts and food based on the family's requests. If your child is not in one of those advisories but you are willing and able to contribute via a monetary donation so that these advisories can support these 14 families, it would be greatly appreciated. Cash donations can be brought to Ms. Adams (our Accounts Clerk) or can be paid online through our school cash online. Click here to access and sign in to school cash online (<https://sd61.schoolcashonline.com/>).

Thank you for considering donating what you can to ease the stress of Christmas for other families.

Upcoming Dates

December 17

- Jingle Bell Jury-Gr. 10
Drama-tickets at door only

December 18 & 19

- A Christmas Carole-
See poster attached

December 19-21

- Gary Taylor Basketball tournament in Gym

December 23-January 3

- Winter Break

January 6

- School Re-opens

January 20

- PAC Meeting



Follow
Oak Bay High on
Twitter @OBPulse

A Christmas Carol

Doors open: 6:30 Curtain up 7:00 pm

December 18 & 19



Oak Bay High School Dave Dunnet Theatre
Students \$2.00 Adults \$5.00 Tickets online or @ Door
(Food Bank Donations Accepted)

Making the Transition

Understanding the pressures of your first year at university

Presentation by Rebecca Gagan, Assistant Teaching Professor in the Department of English and founder of UVic Bounce

Thursday, January 23, 2020

6:30pm – 7:30pm

Oak Bay High School Theatre, 2121 Cadboro Bay Rd



Alexandra D'Arcy, Professor of Linguistics and Associate Dean Research, University of Victoria. Photo by: Chorong Kim

Today's first-year university students are experiencing stress, anxiety, and depression at record levels, caused by everything from moving away from home, to social expectations, to work pressures, to academic pressures. Without intervention, the weight of all this can be overwhelming leading to various mental health conditions that can negatively impact their academic performance.

Join Rebecca Gagan, Assistant Teaching Professor, Department of English, and Founder and Director of the University of Victoria's Bounce program (www.uvic.ca/bounce) for this informative presentation to discuss strategies for successfully navigating the transition to first-year university. By changing the way we understand and talk to students about their struggles, we can help students before they become overwhelmed. This presentation will explore how to build positive coping skills that will change the course of a student's academic journey and particularly their experience of first-year university.

This talk is suitable for students, parents and guardians. Presented by:



University
of Victoria

Humanities