



Oak Bay High School

This Week @ Oak Bay High

Jan. 20-24, 2020

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

Curriculum Completion Day (January 23rd)

Our first of two "Curriculum Completion Days" this year is coming up on Thursday, Jan 23rd. The rationale for this unique instructional day centers around supporting all students in the completion of any outstanding/incomplete work, as well as the writing of the Ministry Numeracy Assessment by all grade 10's and some 11's and 12's. Teachers will be identifying students with outstanding/incomplete work in their courses. These students will be required to attend school on Jan 23rd in order to complete these important curricular tasks. Teachers will be communicating their expectations to students and families no later than Friday, Jan 17th. Parents/Guardians will receive an email from the classroom teacher by Friday, outlining any outstanding tasks and providing instructions around times and locations which students are expected to report on Jan 23rd. Each student's schedule that day will be unique, as some will have to write the Numeracy Assessment, some will have work to complete and some may have no commitments. In the event that a student has multiple commitments on this day, the school has identified the following student priorities.

Priority #1- The Numeracy Assessment- *Any student needing to write the numeracy assessment must make that their top priority and attend their scheduled sitting (am or pm).*

Priority #2- Completion of Outstanding/Incomplete Work- *Students will attend as requested by their teachers in order to complete identified outstanding work. The numeracy assessment takes precedent, but the student can complete outstanding work before or after their assessment sitting.*

Priority #3- Optional Offerings- *In some cases teachers may choose to create additional offerings such as field trips. Participation in these activities must not come at the expense of priority 1 or 2.*

Students are required to manage their time around these priorities. Thank you in advance for your support in helping to ensure your child's attendance and active participation in their required activities on this day, both of which should aid in their successful completion of their courses.

There will be "The Gathering" of Rugby Parents at the Penny Farthing on Wednesday, January 29th, from 7-9 pm. This will be a chance to meet the coaches of the Barbs Rugby Program and to socialize with the other parents. There will also be a chance to enter a raffle draw which will help us fund our new scoreboard and players benches for the new rugby pitch. We hope to see you there!

Upcoming Dates

January 20

- PAC Meeting
- School Counsellor Will Moore –guest

January 21 & 22

- Evening of Dance at 7pm in the Theatre

January 23

- Grade 10 Assessments Literacy or Numeracy
- Curriculum Completion Day
- Making the Transition meeting 6:30-7:30 in the Theatre

January 24

- Schedule "E"
- Course Fair info to students in Advisory

January 27

- Course Planning Assemblies
- 9s Block B
- 10s Block C
- 11s Block D

January 31

- Pro-D



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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

Grade 10 Numeracy Assessment

THIS ASSESSMENT IS REQUIRED FOR GRADUATION

All grade 10s, some 11s and some 12s are scheduled to write the Ministry of Education's Grade 10 Numeracy Assessment on **Thursday, January 23rd**. Exams are scheduled for either 8:30 AM or 12:00 PM. Students need to look at the list posted in the front office window to determine the room and time that they are scheduled for. Students should arrive 15 minutes BEFORE the scheduled start time to find their assessment desk and get logged in to a computer/Chromebook (this exam is mostly completed electronically with 2 small written portions).

Students will need to bring:

- pens
- pencils
- erasers
- a scientific calculator (non-graphing one)

No other materials will be permitted into the exam. Scrap paper will be provided. Backpacks, binders, textbooks and electronic devices (e.g. phones and apple watches) will need to be left in your locker or at the designated place in each classroom.

For more information regarding the assessment itself, *including samples*, please visit <https://curriculum.gov.bc.ca/assessment/grade-10-numeracy-assessment>.

This assessment is scored on a proficiency scale out of 4 which means that students will NOT receive a percentage or letter grade, but instead will receive a 1, 2, 3 or 4. There are not any course credits associated with this exam; instead, transcripts will show RM (Requirements Met) and a score out of 4. Please check with the university or college that you are applying to to determine the entrance standards regarding this assessment. If you need assistance with this, please see Ms. Giesbrecht in the Careers office or any of our counsellors at Oak Bay High. If a student determines that they would like or require a higher score after they have written the assessment, they will have the opportunity to re-write in future years.

Looking for an Enrichment Opportunity on Curriculum Completion Day?

The Visual Art's Department is offering our First Gallery Walk. All students are welcome to join us for an gallery experience of the Winchester Gallery & Avenue Gallery on Oak Bay Avenue, as well as taking in 4 of the ArtsAlive Public Sculptures between our two gallery visits. Please meet us in room 146 at either 10 am or 1pm. This activity is approx one hour.

Course Selection Process for 2019-2020

https://docs.google.com/document/d/1WJU8DLQ2pDhHnVWmnnvV3uxnO_kSpwDnVHC5HoWkNEM/edit

Additionally, attached are documents that may help you navigate this process with your child(ren):

- Course options for the 2020-2021 school year for grade 10s (current grade 9s)
- Course options for the 2020-2021 school year for grade 11s and 12s (current grade 10s and 11s)
- University Entrance Comparisons Guide
- Graduation Requirements Worksheet

[Ministry of Education's Certificates of Graduation](#)



PRESENTATION EVALUATION

Name: _____

Advisory: _____

Note: Presentations are meant to be 7-10 minutes in length.	Extending - 4	Proficient - 3	Developing - 2	Emerging - 1
PRESENTATION CONTENT and DELIVERY				
Fully prepared (equipment, props and notes), rehearsed and professionally attired?				
Presenting their information, findings and supporting evidence in an organized fashion so listeners could follow line of reasoning and connection?				
Demonstrating their knowledge with exceptional research, resources and actions to prove personal, academic and future goals?				
Delivering presentation to gain audience attention through use of voice, tone, eye contact and posture?				
Using digital media and/or visual displays to express information, enhance understanding and add interest?				
Effectively responds to judge's questions and feedback?				
Keeping presentation between 7-10 minute timeline?				

TOTAL SCORE: _____

Comments/Feedback: _____

**THANK YOU FOR PARTICIPATING AND PROVIDING FEEDBACK TO OUR STUDENTS
FOR THEIR CAPSTONE PROJECT!**

**PLEASE RETURN THIS ASSESSMENT FORM TO
MS. TAGGART (Advisories 1-30) or MS. BUCKINGHAM (Advisories 31-58).**



SHOWCASE PRESENTATION QUESTIONS

BE PREPARED TO ANSWER ANY OF THE FOLLOWING QUESTIONS DURING YOUR CAPSTONE PRESENTATIONS:

QUESTIONS ABOUT THE CAPSTONE:

- Why was the Capstone goal / question important to you?
- Did your goal change or adapt in this process? Can you tell us why?
- Which specific skill(s) have you acquired or strengthened from completing this Capstone? And how will they help you in your chosen path?
- In what ways do you envision continuing on as a life-long learner? What's next?
- Who were your supporters in your journey, and how did they support you?
- How did you utilize your mentor to leverage your ideas? / process?
- What was the biggest challenge in your Capstone journey? And how did you work to overcome it?
 - What did you learn from that experience?
 - What would you do differently next time?
- What, to you, is the most significant thing you learned about your chosen topic?
- What did you learn about yourself in this process?
- What did you learn about goal setting & pursuing your goals in this process?
 - Did anything surprise you?
- If you could do this all over again, what would you do differently?

QUESTIONS ABOUT YOUR POST-GRADUATION PLAN:

- What are your short-term and long-term goals?
- What are you planning to do next year?
 - How does your Capstone/your post-grad goals relate to your career plans?
- Do you plan to go on to post-secondary education or a work/career path?
 - Have you researched your intended pathway? How?
 - Why do you want to do this?
 - What was the deciding factor? Who has influenced you positively or negatively in your choice?
- What are your alternative plans if things don't work out exactly as originally intended?
- What do you see as your greatest strength? What do you need to "work on"?
- What do you value?
- What has been the most significant event in your high school life that has impacted your philosophy and your future plans?





13th ANNUAL 2020
VANCOUVER ISLAND PARENT CONFERENCE
THE BALANCING ACT



Saturday, Feb 29, 2020
8:30 am to 4:00 pm

Belmont Secondary School
3041 Langford Lake Road in Langford

workshops & education on
CREATIVE INTELLIGENCE • PARENTING • MINDFULNESS • FREEDOM • SEX • PERFORMANCE • LITERACY

FEATURED SPEAKERS



ALYSON SCHAFER

Accoladed Parenting Expert

Alyson is an internationally acclaimed, parenting expert, family consultant and bestselling author. After more than 20 years in the field, Alyson has been featured in numerous national and international media outlets. Alyson provides a holistic approach to parenting, addressing the physical, emotional, and intellectual needs of children and adolescents, as well as the needs of parents. Alyson is a sought-after speaker at conferences and workshops, and has been featured in numerous national and international media outlets.



SHIMI KANG

Award-Winning Harvard-Trained Physician

Dr. Shimi Kang is a Harvard-trained physician and a sought-after speaker, author, and motivational speaker. Dr. Kang provides science-based solutions for healthy living, mental health, and education. Dr. Kang is a sought-after speaker at conferences and workshops, and has been featured in numerous national and international media outlets. Dr. Kang provides practical tools to enhance the key 21st-century skills of resilience, creativity, and communication.

Registration \$100 includes lunch and refreshments.

Registration deadline is Feb 20. Early bird rate: \$75 if registered by Feb 10.

For info updates or to register visit www.vipac.ca or email: info@vipac.ca

BROUGHT TO YOU BY



islandparent





maurick college



“Water is Life” Exchange program (2020-2021) **Open to grades 9-11**

Upcoming Events:

Water is Life Netherlands Exchange

September 2020 - Maurick College students come to Victoria

April 2021 - we go to the Maurick College in the Netherlands

What are the perks of the ‘Water is Life’ exchange?

- To develop practical scientific field skills
- To engage in a local, relevant, real-world research project
- Chance to earn 4 credits through ‘Directed Studies’ Course
- To develop **friendship** and collaborative networks through **an exchange with Maurick College** (The Netherlands)
- To visit and experience the culture of The Netherlands, including a chance to visit Amsterdam

Interested in the Exchange and want to hear more?

Come to Mr. Shrubsole’s room (#233) at Lunch on Tuesday January 21st

Questions? Email djshrubsole@sd61.bc.ca or amckinty@sd61.bc.ca

LET'S TALK ABOUT VAPING

WE'LL COVER...

- Separating facts and myths
- Understanding the basics of vaping
- Vaping, nicotine and your health
- Helpful resources for talking to your kids about vaping
- Questions from you!

RESERVE YOUR TICKETS

<https://www.eventbrite.ca/e/lets-talk-about-vaping-tickets-86555217987>

JANUARY 22, 2020, 7:00PM TO 8:30PM
REYNOLDS SECONDARY - THEATRE
3963 BORDEN ST



Oak Bay High School Alumni SPORTS HALL OF FAME

You're Invited

to the Oak Bay Alumni Sports Hall of Fame Induction Banquet!

Saturday, February 22, 2020

Where: Oak Bay High School

6:30-8pm Drinks and Hors D'oeuvres
catered by Truffles

8-8:30pm Induction Ceremony

8:30-11pm Time to Celebrate!

For tickets, please follow steps here: <http://bit.ly/sportsOB>

Honour the outstanding achievements of athletes, coaches, patrons and builders who have contributed to the success, tradition, and development of the Oak Bay Athletics Program.

HONOURING:

Murray Allen
Keith Butler
Heather Benson
Connor Braid
Yeta DiLalla
Nick Gilbert
Mitch Gudgeon

Andreas Hestler
Tom Holmes
Josh Howatson
James Kirkpatrick
Kathleen Leahy
Maddie Secco

Jack Showers
Adam Straith
Graham Taylor
Dave Thomson
Chris Trumpy
Sean White

Congratulations!