



Oak Bay High School

This Week @ Oak Bay High

Jan. 27-31, 2020

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 27

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

January 29

- Mini Course Fair and Grad Assembly

January 29

- Team Planning
- Jazz Band at 7pm

January 31

- Pro-D

February 3

- Flip Block Schedule

February 7

- Schedule B



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	Andreas Hestler	Jack Showers
Keith Butler	Tom Holmes	Adam Straith
Heather Benson	Josh Howatson	Graham Taylor
Connor Braid	James Kirkpatrick	Dave Thomson
Yeta DiLalla	Kathleen Leahy	Chris Trumpy
Nick Gilbert	Maddie Secco	Sean White
Mitch Gudgeon		

Congratulations!


There will be a MANDATORY assembly for all 2020 Grads on Tuesday, Jan. 28th (9:30-11am) in the Theatre. All Grad related events will be explained in detail, and Grads will receive access to the Grad Package which is to be jointly completed by the Grad and their parent/guardian. Additionally, Grads will receive a lanyard at the end of the assembly.

Dear Parents, Staff and Friends, We would like to request your help...

This year, Oak Bay High has approximately 342 students who are required to complete a culminating **Capstone Project** for graduation. We are requesting VOLUNTEERS to help in being this year's panel of judges to come to assess and celebrate their learning journey with us. The **Capstone Project** allows our grade 12 students to choose an area of interest or passion and to demonstrate their learning and achievement. To accommodate all the students, we will be running two sessions in the gym on the morning of Friday, April 17th (9:30-10:20 and 11:00-11:50). Each judge will be assigned five students (approx. 10 minutes each presentation).

If you can help out at one or both please let us know by filling in the [google form](#). Also attached is the rubric and possible questions to ask your presenter.

We hope you can join us and share in our students' journeys and successes! If you have any questions, please contact Ms. R. Taggart at rtaggart@sd61.bc.ca



Follow
Oak Bay High on
Twitter @OBPulse



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

Acclaimed Parenting Expert
 Alyson is an internationally acclaimed parenting expert, family therapist and bestselling author. A former teacher, she has spent 15 years in education. With 20 years of research, clinical and field experience, Alyson provides a fresh and practical perspective on family dynamics and offers actionable strategies to help parents meet the unique and individual needs of their children. Her work has been featured in numerous national and international media outlets, including the CBC, CTV, and the New York Times.



SHIMI KANG

Award-Winning Harvard-Trained Physician
 Dr. Shimi Kang is a Harvard-trained physician and a recognized expert in parenting, leadership, and motivation. Dr. Kang provides science-based solutions for healthy happiness and resilience for young people, educators, and parents. With almost 20 years of clinical experience and extensive research in the field of adolescent mental health, Dr. Kang provides practical tools to cultivate the key 21st-century skills of resilience, emotional regulation, and social skills.

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.vipic.ca or email: info@vipic.ca

BROUGHT TO YOU BY



YEARBOOK BABY GRAD PHOTOS!!

Baby Grad picture deadline is **February 14th, 2020.**

Link: bit.ly/2020babygrad

This is an opportunity to have your child's baby picture(s) in the yearbook with a personal message.

The Baby Grad Yearbook entries are optional. You may choose to enter one or two. They may come from parents, siblings, grandparents, etc. The cost is \$10 per submission, to a maximum of 2 per student. Your write-up may include anything you would like, a quote, well-wishes, memories, etc.

The write up can be a maximum of 60 words.

PLEASE LABEL EACH PHOTO WITH YOUR CHILD'S NAME

For example: Smith, Bob1 and Smith, Bob2

Since photos uploads are required, this form will require you to sign in to Google.

Please use the online pay system here: <https://sd61.schoolcashonline.com/>

Photo submissions are only accepted electronically though: bit.ly/2020babygrad

If you have any questions or concerns please email Ben Turner at bturner@sd61.bc.ca

Hi There,

The District of Oak Bay currently has a Budget Questionnaire looking for public feedback from all Oak Bay Residents on the services and levels of service currently provided by the District. If this is something that you would ever include in any of the emails you send parents we would much appreciate if you could distribute it to your school community. The Budget Questionnaire is available online here: <https://connect.oakbay.ca/budget-questionnaire> or at Municipal Hall.

Thanks so much for your consideration.

WATER IS LIFE 2020

APPLICATION DEADLINE WEDNESDAY FEB 5TH

Interested in developing practical **scientific field and leadership skills**, experiencing a **different culture**, and making lasting cross-cultural friendships? **Apply here:**

<https://sites.google.com/sd61learn.ca/shrubsolebiology/water-is-life-science-cultural-exchange>



**Water Is Life
Science & Cultural
Exchange**

**Grades 9-11 students
welcome!**

**Exchange with Maurick
College (Netherlands)**

**Deadline for
application
Wed Feb 5th!**

**SEE MR SHRUBSOLE OR
MS MCKINTY**
For more information