



Oak Bay High School

This Week @ Oak Bay High

Jan. 13-17, 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

6:30pm – 7:30pm

Parents/guardians,

It is a priority for the Greater Victoria School District to communicate effectively to parents, students and community partners during inclement weather. With snow in our forecast for this upcoming week, the District would like to remind families of its inclement weather protocol and where to find information about the determination of school closures.

The District assesses weather conditions on a daily basis and puts every effort into making a determination by 6:30 a.m. of whether or not schools will remain open. The status of schools and transportation is then provided to local media and communicated to our community.

Inclement Weather Updates are provided through the following:

School District website (www.sd61.bc.ca)

Social Media Channels

Twitter Account: [@sd61schools](https://twitter.com/sd61schools)

Facebook Account: [@sd61schools](https://www.facebook.com/GreaterVictoriaSchoolDistrict)

Local Media Outlets

The District is regularly monitoring local weather conditions and Environment Canada's forecast, and will continue to do so over the weekend. Please stay connected with us for regular updates.

The Greater Victoria Region is broad and we understand that some areas may be more difficult to travel than others. It's always a parent's decision if you choose to keep your child home due to road conditions.

For more information about notification of school impact due to inclement weather:

<https://www.sd61.bc.ca/news-events/inclement-weather-notifications-2/>

Happy New Year - the year of Grad 2020!

This Monday, January 13th, Mr. Alexander will be hosting a How To Apply for Scholarships info evening for both students and parents – 7:00 - 8:00 pm in the Theatre. This is the second part of the presentation from the Applying to Postsecondary Evening I held in November. Please come out with your questions!

Upcoming Dates

January 16

- Team Planning

January 17

- Schedule "A"

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 stu-
dents in Advisory

February 3

- Course Schedule change



Follow
Oak Bay High on
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A big Congratulations to Kyla Younger who won the invitation from Oak Bay Municipality's Allan Cassidy Awards for an Architectural Pen Drawing of Oak Bay High School. This commission comes with \$300.00 honorarium. This event is only hosted every three years. The image is permanently displayed in Counsel Chambers at Oak Bay Municipality.



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.

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 below you will find 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 or Ms. E. Buckingham at ebuckingham@sd61.bc.ca

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

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.



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, bestselling author, family therapist and bestselling author. Alyson has authored 10 books and 100 articles. Alyson has 20 years of research, clinical and field experience. Alyson provides a holistic approach to parenting and a family systems approach to discipline. Alyson will give parents the skills and confidence needed to face modern life challenges and goals in a resilient, caring, and effective way.



SHIMI KANG

Award-Winning Harvard-Trained Physician

Dr. Shimi Kang, a Harvard-trained physician, is a recognized expert in parenting, leadership, and motivation. Dr. Kang provides science-based solutions for healthy happiness and happiness for your family, your organization, and your community. With almost 20 years of clinical experience and extensive research in the science of health, happiness, and motivation, Dr. Kang provides practical tools to cultivate the key 21st-century skills of resilience, creativity, and more.

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



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BROUGHT TO YOU BY





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

BEACON HILL



**FAIRFIELD
JAMES BAY**

**ROCKLAND
SOUTH OAK BAY**



www.beaconhillball.com
VICTORIA, BC

REGISTRATION 2020

BASEBALL & SOFTBALL FOR PLAYERS AGED 3 - 16

ON LINE REGISTRATION STARTS JANUARY 1

www.beaconhillball.com

HOLLYWOOD PARK CLUBHOUSE - 1700 FAIRFIELD ROAD

No child will be denied to play due to financial reasons.

Any student of the following schools to register, regardless of residency:

James Bay • South Park • Sir James Douglas • Margaret Jenkins • GNS
Monterey • Cathedral • Oak Bay • SMU Junior School • Central • St. Patricks



Intermediate, Junior & Senior Baseball

District 7 South

Ages 13 - 16



- **Provincial / World Series Opportunity**
- **Play Island and Lower Mainland Teams**
 - **Affordable \$250 Registration Fee**
 - **Games played at Royal Athletic Park**

REGISTRATION 2020

ON LINE REGISTRATION STARTS JANUARY 1
www.beaconhillball.com

FOR MORE INFORMATION PLEASE GO TO OUR WEBSITE:
www.littleleaguevictoria.org