



# Oak Bay High School

## This Week @ Oak Bay High

### Feb. 18-21, 2020



### Oak Bay High School Alumni SPORTS HALL OF FAME

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*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 Hecfner	Jack Showers
Keith Butler	Tom Holmes	Adam Straich
Heather Bencon	Josh Howatson	Graham Taylor
Connor Braid	James Kirkpatrick	Dave Thomson
Yeta DiLalla	Kathleen Leahy	Chris Trompy
Nick Gilbert	Maddie Secco	Sean White
Mitch Gudgeon		

*Congratulations!*

### Upcoming Dates

#### February 17

- Family Day

#### February 19

- Choir Concert at 7pm
- There will be an in-focus meeting Wednesday in Focus in the Cafeteria for any current grade 11 students that have signed up Dual Credit for next September. Mr. Alexander and Mrs. Giesbrecht will go over important info on the registration process.

#### February 21

- Schedule "B"

#### February 24

- PAC meeting at 7pm

#### February 25

- Middle School Musical Matinee

#### February 26

- Team Planning

#### February 28

- Schedule "F"

Parents of 2020 Grads...

The Grad Class had a comprehensive "Grad Assembly" on January, 28th. Each of the upcoming Grad events/requirements were discussed in detail, including information, deadlines, fees, etc. All of the relevant information, forms and links can be found here <https://oakbay.sd61.bc.ca/student-info/grad-2020/>, including the "Grad Package 2020" which is a Google Form we are using to collect the vast majority of student/family information (ie. gown sizing, seats in the auditorium, etc). The deadline for submission of that form is Feb. 28th. We are hoping to collect the majority of payments via our Cash Online system, but our Accounting Office will still accept cash and cheques.

#### UPCOMING DEADLINES:

Yearbook Grad Writeup	January 31st
Grad Speaking Roles	February 7th
Yearbook Baby Photos & Quotes	February 14th
Valedictorian Speakoff & Grad Song/Gift Assembly	February 24th
Grad Clothing Order	February 28th
Capstone Project	April 17th
Grad Ceremony Writeup (in English Class)	April 30th
Grad Slideshow for Dinner/Dance Submissions	May 8th

#### THE MAGIC WAND project for grads

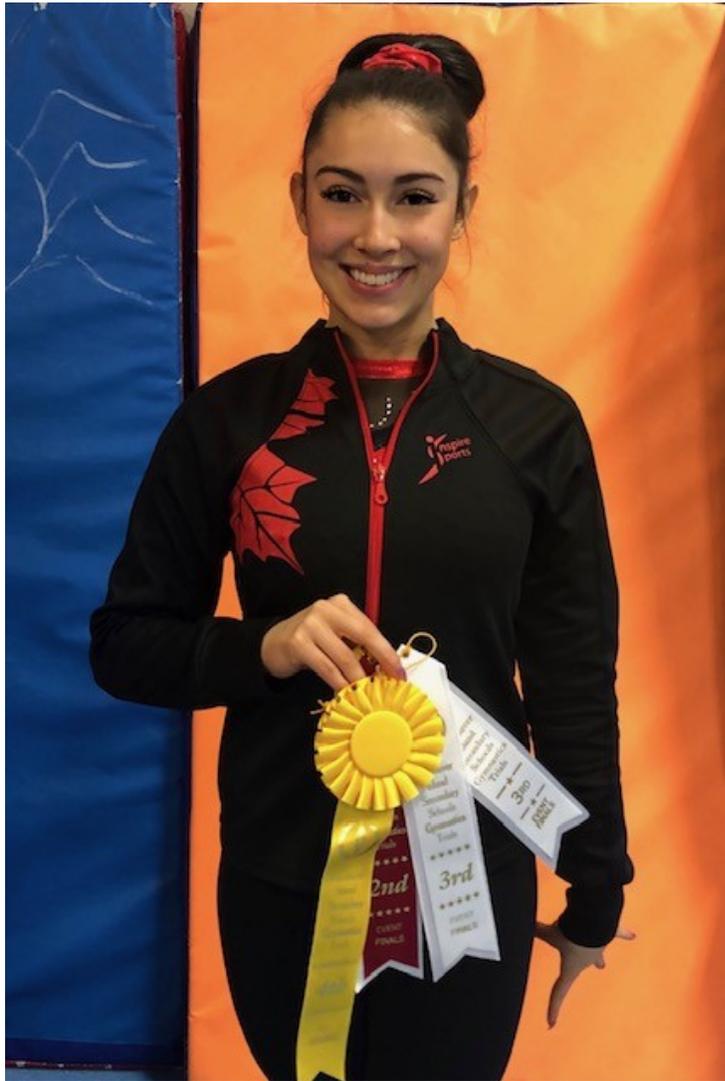
Need something to wear for Grad? Magic Wand will help make your dreams come true.

Providing new and like-new gowns, tuxedos plus accessories, to borrow for a small fee. Anyone is eligible., & offers an eco-friendly & inexpensive alternative to prom outfits.

NO STUDENTS SHOULD MISS THEIR GRADS. Visit our website – [themagicwandproject](http://themagicwandproject.com), or e-mail [esurerus@telus.net](mailto:esurerus@telus.net) for an appointment.



Follow  
Oak Bay High on  
Twitter @OBPulse



*Congratulations to grade 12 gymnast Marina Gessler on her results at the Island High School Championships in Comox on Sunday! Marina placed second on vault, third on bars and beam, fourth on her floor routine and fourth overall! Marina and her teammates train at Inspire Sports and represent five high schools across Victoria, with each earning top spots in their respective levels.*



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 counselor and bestselling author. A former teacher, she has 20 years of professional and field experience. Alyson provides a fresh and practical perspective on family dynamics, a safe and supportive environment for parents to share their struggles and concerns, and practical strategies to help them overcome their challenges and achieve their goals for their children's well-being and happiness.



**SHIMI KANG**

**Award-Winning Harvard-Trained Physician**  
 Dr. 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 and old, in the home. With almost 20 years of clinical experience and extensive research in the field of adolescent and young adult development, 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](http://www.vipic.ca) or email: [info@vipic.ca](mailto:info@vipic.ca)

BROUGHT TO YOU BY



# Magic Wand



eco friendly

**Why buy a Grad Tux, or dress when you can borrow one?**



## Complete outfits

Including like-new dresses, suits, tuxedos shoes, and accessories.



*Thanks to Magic Wand, I had an unforgettable grad*

*I had an awesome grad with your beautiful dress!*

*My Son looked spectacular!*

*Thanks for a 'magical' graduation – you made my Prom the best...*



**Appointments starting October**



contact

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or Joy: [jandtharrison@shaw.ca](mailto:jandtharrison@shaw.ca)

The Magic Wand is a non-profit organisation that offers an **eco-friendly** and inexpensive alternative to prom outfits for boys and girls  
*(a small fee for cleaning will be charged)*

 Find us on  
**Facebook**

visit our website  
[www.themagicwandproject.ca](http://www.themagicwandproject.ca)

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# AN EVENING OF PARENT EDUCATION DISCUSSING BRAIN HEALTH AND WELLNESS

WITH GUEST SPEAKER GARY ANAKA FROM  
[WWW.BRAINCOACH.CA](http://WWW.BRAINCOACH.CA)

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FOR PARENTS AND GUARDIANS OF STUDENTS AT SD61 SCHOOLS

**If you want to help today's children, then you need to begin with their brains!**

## **Your Magical Brain**

**How it Learns Best: A workshop for parents of Primary, Middle & Secondary students**

If you want to raise your children to be successful in life, then you need an enriched brain to do it with. The natural conditions necessary for learning success are unknown to most parents. Discover how to maximize your child's potential based on how the brain learns naturally. If you are looking for ways to enhance learning, foster child development, raise achievement, tap your child's full potential, then find out about the brain's best kept secrets.

### **Discover:**

- 15 ways to increase your children's brain power
- How to grow those magical dendrites every day
- What nourishes the brain and what kills it
- How social skills are the key to the future, not test results
- Why imagination, creativity and playing for fun grow the best brains

You will gain priceless ideas you would never have dreamed of that are simple and cost nothing. Brain smart your family! Parents, you are the architects of your children's brain.

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Tickets are free but must be reserved. Claim yours using the link below

<https://www.eventbrite.ca/e/the-magical-brain-an-evening-of-parent-education-with-gary-anaka-tickets-92775647459>

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**WEDNESDAY, FEBRUARY 19TH, 2020  
7PM-8:30PM  
SPECTRUM SECONDARY SCHOOL  
957 BURNSIDE RD W**