



Oak Bay High School

This Week @ Oak Bay High

Feb. 18-21, 2020



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 Hecfner	Jack Showers
Keith Butler	Tom Holmes	Adam Straith
Heather Bencon	Josh Howatson	Graham Taylor
Connor Braid	James Kirkpatrick	Dave Thomson
Yeta DiLalla	Kathleen Leahy	Chris Trumpp
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 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

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's research and clinical work focus on the needs of the modern family, the challenges of the modern world, and the importance of emotional, social, and cognitive development.



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 fulfillment in your personal and professional life. With almost 20 years of clinical experience and extensive research in neuroscience, Dr. Kang's research and clinical work focus on the needs of the modern family, the challenges of the modern world, and the importance of emotional, social, and cognitive development.

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



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

Elizabeth: esurerus@telus.net
or Joy: 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

AN EVENING OF PARENT EDUCATION DISCUSSING BRAIN HEALTH AND WELLNESS

**WITH GUEST SPEAKER GARY ANAKA FROM
WWW.BRAINCOACH.CA**

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.

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>

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