



Oak Bay High School

Next Week @ Oak Bay High

Apr. 19 – 23, 2021

April 16, 2021

Dear families,

We are sharing some sensitive information with you to advise you that there are toxic drugs circulating in our community that are having an impact on youth at the middle and secondary levels.

If you suspect your child may be experimenting or using substances regularly, please check in with them and share this advisory. The advisory has been shared with counsellors at both the middle and secondary levels and they are connecting with those students they have identified as most at risk.

Substance use is a complex topic that often highlights varied philosophies, myths, and a great deal of fear. The research shows us that early interventions, particularly around critical thinking and decision making, has an impact on delaying use in youth. As well, open dialogue with adults, intentionality around attachment, and a focus on the factors that contribute to substance use as opposed to the actual substances, also prevent, delay and reduce substance use in our youth.

We have attached links to our Substance Use SNAPSHOTS that contain information and resources that you may find useful. If you have any questions or concerns, please reach out to your child's school.

Secondary SNAPSHOTS: <https://healthyschools.sd61.bc.ca/newsletters/substance-use-snapshots/>

Message from PAC

All Oak Bay High parents and guardians are invited to attend our upcoming PAC Meeting via Zoom Monday, April 19th at 7:00 p.m. We hope you can join us. If anyone is interested in joining the PAC Executive for the next school year, please get in touch with an existing member of the executive or put your name forward at the AGM in May. Information about the Oak Bay High PAC and Executive contact information can be found on the school website: <https://oakbay.sd61.bc.ca/parent-info/oak-bay-high-school-pac/>

Meeting Zoom link:

<https://gvsd61.zoom.us/j/64735778707?pwd=dVNOUWZ2L0FMdUhyazZnSWVQL2d3Zz09>

Grad Update

Thank you to all the grads who completed the Graduation 2021 Google Form. Our graduation gowns have been ordered and should arrive by the end of May this year. Please remember, if you have not already paid your graduation fee of \$45, please do so either online or by cash/cheque with our accounts clerk.

We are moving forward with our plans for our Oak Bay 2021 graduation, though everything is tentative given potential COVID19 restriction changes.

UPCOMING DATES

April 19

Start of Q4

April 23

Pro-D

April 29

Report cards emailed

May 17

PAC AGM meeting
@7pm

May 20

End of Term 1

Wednesday and Thursday, June 23rd and 24th: In-person Graduation Stage Walk at Oak Bay High School (Dave Dunnet Theatre)

- Students will be able to sign up individually or with friends in groups up to 15.
- Students will wear graduation regalia for stage walk
- Student stage walk quote will be read as they walk across stage to receive certificate
- Photographer will take photos of each graduate which will be shared with families
- All stage walks will be video recorded and shared on secured YouTube channel
- Class Valedictorian address will be recorded as part of the video
- If permitted within COVID19 rules - two guests per graduate will be able to join.

More details will be shared as we get closer to the date.

Please feel free to contact Mr. Aerts (taerts@sd61.bc.ca) if you have any questions.

Thanks

Tom

Message from the Career Centre



Career Exploration Conversations: A career development webinar for parents to support youth

WorkBC.ca is facilitating a one-hour interactive webinar to help parents and caregivers support youth as they explore career options. This virtual event is designed for parents of grade 9-12 students wanting to enhance their career coaching skills and gain exposure to WorkBC.ca tools to help with their youth's career path.

The webinar is for the Vancouver Island region on [April 20](#) from 7 - 8pm PST.

Free Parent Workshops courtesy of St Margaret's School

More information about this series and registration access here: <https://www.stmarg.ca/sms-community-speakers-parent-learning-series/>



Building Resilience (JK-Gr 5): <https://www.facebook.com/events/468760647646640>

[Building Resilience with Dr. Hayley Watson \(JK-Gr5\)](#)

Wellness event by St. Margaret's School on Monday, April 19 2021

www.facebook.com

Empowering Your Child to Make Healthy Choices (Gr 6-8): <https://www.facebook.com/events/872784493576724>

[Empowering Your Child to Make Healthy Choices with Dr. Hayley Watson \(Gr 5-8\)](#)

Wellness event by St. Margaret's School on Wednesday, April 21 2021

www.facebook.com

Helping Your Teen Manage Uncertainty & Change (Gr 9-12): <https://www.facebook.com/events/475207623816975>

[Helping Your Teen Manage Uncertainty & Change with Dr. Hayley Watson \(Gr 9-12\)](#)

Wellness event by St. Margaret's School on Friday, April 23 2021

www.facebook.com

Oak Bay snaps Back!

Help create a collective portrait of our community during the COVID-19 "lockdown". Share your Oak Bay photos taken between March 17, 2020 and May 15, 2021. We welcome drawings from children aged 11 and under! Help tell the story of our experiences during this unique time in our community's history. Submissions should relate to one of the following themes: *Our New Normal*, *Connecting with Nature or Helpers and Heroes*.

Photos must be taken in Oak Bay. Scan drawings for electronic submission (JPG or PDF). All submissions must be original work in high res JPEG format (300 DPI) and include your name and a caption. Photos should not be retouched or digitally altered. Submit to publisher@oakbaynews.com by 'midnight' May 15, 2021.



Your submission may be featured in the special pictorial feature in the Oak Bay News on May 27 and on the Community Association of Oak Bay website.

All submissions will be entered to win one of three \$50 gift cards to Pepper's Foods. Winners will be chosen by random draw.

Come on Oak Bay, give us your best shots!