



# Oak Bay High School

## The Next Week @ Oak Bay High

April 19-22nd, 2022

**Apr 14-29<sup>th</sup>** Red Dress Campaign starts  
**Apr 15<sup>th</sup>** Good Friday-School not in session  
**Apr 18<sup>th</sup>** Easter Monday-School not in session  
**Apr 21<sup>st</sup>**-Grad Assembly-Focus Block  
**Apr 25<sup>th</sup>** PAC Meeting @ 7:00pm  
**Apr 29<sup>th</sup>** Literary/Numeracy Assessments



**April 2022 Graduation Update** - Grads and families, we are very excited to be returning to some traditional Oak Bay graduation activities. There will be a Grad assembly for students - **Thursday April 21st** (Focus Block) in theatre. Topics to be discussed are: \*Dinner dance \*Block party \*Grad ceremony \*Grad tickets \*Capstone \*Grad song \*Stage walks. Details on purchasing ceremony and dinner dance tickets will be shared during this assembly.

**Literacy/Numeracy Graduation Assessments**- Literacy 10 and 12 and Numeracy 10 will be held **April 29<sup>th</sup>** with sittings at **9am and 1pm**. The schedule will be posted outside the office and the cafeteria in the coming few weeks. Please remind your young person to check the schedule, especially if they are in grade 10 or 12. There will also be a letter going home to all families outlining the schedule and further details.



### Dear Parents and Students,

On May 5<sup>th</sup> the students of social justice 12 strive to commemorate and remember missing, and murdered Indigenous women and children by hanging red dresses around the school. In order to do so, we ask any students and parents who are able to donate a dress to assist us in this endeavor.

Abuse of Indigenous women and children has been prevalent in Canadian history.

On May 5<sup>th</sup> the public is encouraged to hang red dresses in order to recognize this abuse and remember missing and murdered loved ones.

We thank you for your support. If you are able to contribute by donating, a labeled box will be placed outside the office from **April 14<sup>th</sup> to April 29<sup>th</sup>**.

Sincerely,

The students of Social Justice 12

**Indigenous Education and Graduation**- The Indigenous Education Department will be hosting a Recognition Ceremony on **June 9<sup>th</sup>** at the **Songhees Wellness Centre** starting at **5pm** for all graduating students identified as having Indigenous ancestry. This event is on top of the Oak Bay High School graduation events including the Recognition Ceremony held at UVic and the Grad Dinner Dance. There will be an email coming to students and families with more information.



### Sports News



Oak Bay has a solid start to our **Ultimate Frisbee Season**. We have had consistently high numbers out for practice which has resulted in us being the only school with two teams on the island. We had our first games on Friday which was windy for all 25 schools competing on the island. Our OBB team travelled to Royal Bay and played well. Even though they lost 11-5 there were many close points and they took a strong Royal Bay school to full time before they reached the allowable 15 points. Captain Craig Hill was one of the standouts for Oak Bay. Our other team travelled to Reynolds. There were many contested points but the team improved as the game went on, despite the windy conditions. There were many highlight reel plays and everyone really elevated their play. A few of our standouts included Captain Avery Mickleberry, Lauren Roberts, Maia Lawrence as well as Captains Rowan Schouten and Kai Emtage, along with Max Bixby. Kate Campbell deserves recognition for a couple of timely defensive blocks, which gave us the disc back and led to a couple of big goals. OBB plays at Esquimalt High & Mt Douglas

Our first home game will be on Friday April 22<sup>nd</sup> at 3:30 on the turf. OB will host Maria Montessori and OBB will host St. Andrews. We would love to see some fans out to cheer us on.

**Senior Girls Soccer** successfully defended their Uvic Team Sales Spring Cup Championship with a tournament victory for the 3<sup>rd</sup> time in a row the championship has been held. Wins against Ballenas 8-0, Lambrick Park 1-0 and Reynolds with a 2-2 tie in regulation but a 6-5 penalty shootout victory. Davin Fisher was MVP. The girls travel to Carihi next week to play in tournament and have big games coming against Lambrick Park, SMU and Reynolds in league play.

**Junior Girls Soccer** team has been coming together very well and competing at a high level with great commitment and dedication. They have won 3 league games with only 1 loss and 1 tie and big league games coming up against Reynolds and Belmont. The team has been led by Sam Rigolet with 4 goals against Stellys and Megan Blokmanis scored twice against Royal Bay. Thank you coaches Mr Moore, Ms Saxby, Ms Campbell and Mr St Claire for all your hard work!



**Counsellor's Corner-** When students are stressed (behavior(s): healthy ones get left behind/unhealthy ones come to the fore), it is important as parents to recognize baseline behavior(s) in your child. Not to undermine 'regular' teen behaviours: attitude, apathy, stretching/pushing up against boundaries, etc., but being committed to sifting through the debris to investigate and be curious about what is causing your child to be stressed. I say curious because it is a word that is non-confrontational, neutral if you will. As part of your 'inquisition', using the word curious in your questioning keeps the temperature just right as you gently try to grasp what the stressors are. Once you've arrived at the cause, then the strategizing can take place.

Lives are busy, but being proactive can be helpful. Aside from general conversations that happen organically, having a time and a place where you can meet with your child weekly to discuss what's generally happening in life, can allow for your child to be open about stresses/struggles earlier. They will recognize that they have a safe place within the family to be vulnerable. Such a strategy takes commitment, time, and patience, but could be a life-long occurrence. I know with my oldest (soon to be 13), in talking with him just before his light goes off for the night, he is quite open to discussing all things life! This may not work for everybody because your child goes to bed later than you do! I am bracing for this, too!

Continue to build, as best you can, a relationship with your child where open, honest, and respectful dialogue is welcomed, and that we as parents continue to listen to our children and be reflective in our parenting; it's hard work!

### Career Counsellor Coordinator's Info

SD61's District and Summer Programs have application deadlines coming up:

**TALE:** April 22<sup>nd</sup> (interviews TBA)

**Graphic Design:** April 22<sup>nd</sup> (interviews TBA)

**AutoTech** April 22<sup>nd</sup> (interviews - May 4<sup>th</sup>)

**TASK:** April 29<sup>th</sup> (interviews - May 10<sup>th</sup>)

For more information on these programs please see the SD61 Pathways & Partnerships website under Secondary Schools and Summer Programs. <https://careers.sd61.bc.ca/> If you would like to apply see Ms. Giesbrecht in the Career Centre for an application or email [sgiesbrecht@sd61.bc.ca](mailto:sgiesbrecht@sd61.bc.ca)

### Pacific Design Academy Parent & Student Webinar - "Why Career College?"+

The poster features the PDA logo at the top left. The main title 'WEBINAR: Why Career College?' is in large, bold, blue letters. Below the title, it says 'Hosted by Pacific Design Academy on ZOOM for parents & students!' in a smaller font. The date and time 'APRIL 28TH 7PM' are prominently displayed. A QR code is located on the left side. To the right of the QR code, there is a short paragraph: 'Finding success in design is easy if you have the right tools. Career College will give you all of the skills you need. Students will get a better idea of what they can be if they are interested in pursuing art.' Below this, registration information is provided: 'To register, scan the QR Code, go to www.pacificdesignacademy.com. or email inform@pacificdesignacademy.com'. At the bottom, the address '1252 Wharf St.' and phone number '250-383-3631' are listed.

Pacific Design Academy is hosting an evening for parents and students focused on the topic of why a student interested in the art field may want to choose a Career College such as PDA.

The Academy is also hosting an Open House on April 21<sup>st</sup> @ 6pm. Please call for information on that.

*Finding success in design is easy if you have the right tools. Career College will give you all of the skills you need. Students will get a better idea of what they can be if they are interested in pursuing art.*

### UVic Summer Math Camp for Girls entering grades 11 and 12 – July 4<sup>th</sup> – 8<sup>th</sup>

This is a summer camp and seminar series open to all women-identifying students who will be entering grade 11 or 12 in September 2022.

Join us for a week of:

Exploration in various mathematical concepts

Collaborative problem-solving sessions

Opportunities to connect with cutting-edge researchers

Immersive on-campus experiences

... and a chance to build a network within the mathematical community!

For more information and to apply, please visit our website: <https://onlineacademiccommunity.uvic.ca/imagininguvc/>

Apply by April 22nd!





# MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

## April 2022 Snapshot

### Youth and Mental Health

Mental health includes our emotional, psychological and social well-being, which means it affects how we think, feel and act.

70% of mental health disorders have onset in childhood or adolescence.

The poster features a central cluster of colorful teardrop shapes, each containing a mental health tip. The tips include: 'Get enough sleep', 'Be active', 'Learn more about mental health', 'Be with friends', 'Do activities that bring you joy', 'Eat healthy food', 'Ask for help', 'Be kind to yourself', and 'Talk to someone about your feelings'. Below the tips, the text 'Life Hacks for mental health' is written in a large, blue, stylized font. A QR code is located in the bottom left corner. At the bottom right, there is an image of four diverse young people (two girls and two boys) jumping joyfully. The bottom of the poster has a dark blue banner with the text 'One Learning Community' on the left and the Greater Victoria School District logo on the right.

Get enough sleep

Be active

Learn more about mental health

Be with friends

Do activities that bring you joy

Eat healthy food

Ask for help

Be kind to yourself

Talk to someone about your feelings

# Life Hacks

for mental health

One Learning Community