

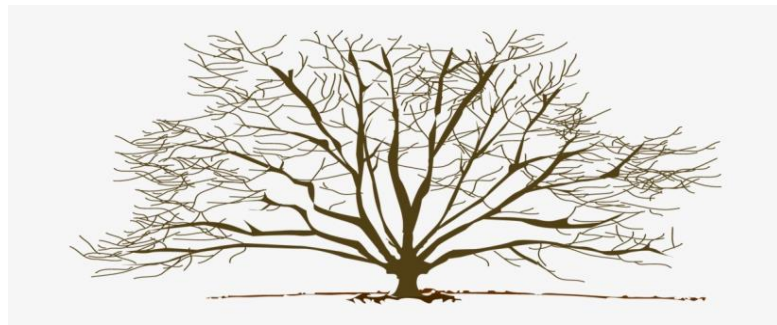


Oak Bay High School

The Next Week @ Oak Bay High

April 25th-29th, 2022

Apr 14-29th Red Dress Campaign starts
Apr 25th PAC Meeting @ 7:00pm
April 27th Report Card Distribution
Apr 29th Literacy/Numeracy Assessments
May 3rd Parent Teacher Interviews—Early School Dismissal



PAC Meeting Info The Oak Bay High PAC invites parents and guardians to join our monthly PAC meeting this Monday, April 25th at 7:00 p.m. in the school cafeteria. Kate Baker, Oak Bay's new Wellness Coordinator, will join us to discuss her new role and what is currently happening in terms of wellness at the school.

All meeting participants are requested to wear masks inside the school. For more information about Oak Bay High PAC, visit <https://oakbay.sd61.bc.ca/parent-info/oak-bay-high-school-pac/>

Report Cards Quarter 3 report cards will be issued to students next Wednesday, April 27th during a special Advisory class between E and F blocks. Parents and guardians are asked to review the report card with their student.

Parent-Teacher Interviews (PTI) will occur on Tuesday, May 3rd 5-7pm. These PTI will be held in-person at the school. All PTI will take place on the first floor, in variety of rooms including the gyms and cafeteria. Registration for meetings will take place via Microsoft Bookings. Parent/guardians will have the ability to schedule a 10 minute meeting with one or more of their child's teachers. An email will be sent to all families on Wednesday, April 27th at 4pm with the link to the sign-up tool. Please know that families are able to reach out to teachers at any point during the year.

Literacy/Numeracy Graduation Assessments- Literacy 10 and 12 and Numeracy 10 will be held **April 29th** 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.

Grad 2022 Info Update Grade 11 parents and students - Grad 2022 Block Party helpers needed: The Grad Block Party @ Willows Beach is back on for 2022 on the PRO D Day Friday, May 20th from 2:00-4:00! There is a long-standing tradition of grade 11 parents and students volunteering to help out so that the grade 12 families are free to celebrate. Please consider giving some of your time to support this year's grads. More info and sign up here: <https://forms.gle/aBpNgjw3Pp7atqcP8>

Grad Class 2022 Silent Auction Want to support this year's grad class and the school at the same time? Grad leadership's silent auction gives you that opportunity; we're raising money to put more seating in the school, as a final farewell to our high school! We have gift cards available from places such as Zambri's, Russell books, Quazar's arcade, Paws on Cook, and we're adding more items almost every day. Go to <https://www.32auctions.com/obhgrad2022> to start bidding! The auction will stay open until May 31st



Dear Parents and Students On May 5th 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 5th 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 14th to April 29th**.

Sincerely,
The students of Social Justice 12

Indigenous Education and Graduation- The Indigenous Education Department will be hosting a Recognition Ceremony on **June 9th** 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



Golf The team has been selected and are preparing for the season. The team is practicing and playing several times a week and are looking strong early in the season.

Senior Girls Soccer Had a strong finish at the Carihi High Tournament big game against Reynolds on Thursday

Junior Girls Soccer Won a big game 3-2 over Reynolds. Malaika Stockholder had a great left-footed goal in the victory. The team is preparing for the city championship in hopes of qualifying for islands.

Rugby- Rugby season has finally kicked off at Oak Bay. The Junior and Senior Barbs had a successful start to the season playing well and winning in a series of exhibitions against SMUS and Claremont. The team then performed strongly and was unlucky not to win the Westshore Sevens tournament. Both Barbs teams then had their first home game in 9 years against Claremont. Both teams played very well and won their games handily. The following week, the Junior Barbs beat SMUS and the Senior Barbs tied Brentwood during the official field opening of the rugby pitch. This week, the two teams traveled up to Shawnigan. The Junior Barbs defeated Shawnigan for the second time in ten years, while the Senior Barbs were handily defeated. Both teams next play in the Boot Game on Tuesday against SMUS.

3:15- Senior Boys ss SMUS "Boot Game"

4:30- Girls 7's

5:00- Junior Bys vs SMUS

The Girls Sevens Rugby Team has had a great turnout with over twenty players, and they have been hard at work. With a blend of new and experienced players, the team kicked off their season with a series of exhibitions and tournaments. Westshore Sevens was the first series of games for the girls. They fared well and both teams had great results. Over the last few weeks, the girls have played many teams in exhibitions and have won more of their games than they have lost. The season kicks off next week against Claremont, but first, they will host SMUS on Tuesday after school at 4:30.



Counsellor's Corner- A Delicate Balancing Act: Rest, dietary fulfillment, and activity levels, one could argue, are factors that form the baseline for mental health. As our students experience the stages of psychological and physical development, keeping a watchful eye on these factors is key to allowing for optimal growth. What's fascinating, generally speaking, is that we all require these in different doses; it's relative, which makes it more challenging to monitor and ultimately problem solve. While it may be helpful to share, "That's what I was like when I was a teenager, " it might also not be applicable; it's up to you/us as parents to find that delineation. However, when 1 or 2 of these are 'out of whack' (stress is up, and baseline behaviour is different), it does not mean that getting back on 'schedule' will ensure the problem is solved, but it will go a long way towards helping. Balancing these factors is challenging for the best of us, but engaging in open and honest conversations about sleep, diet, and exercise, perhaps sharing our own experiences/challenges while keeping it about your child, could help your child better connect with your message. Thank you for listening!



MENTAL HEALTH AND WELLNESS SNAPSHOT

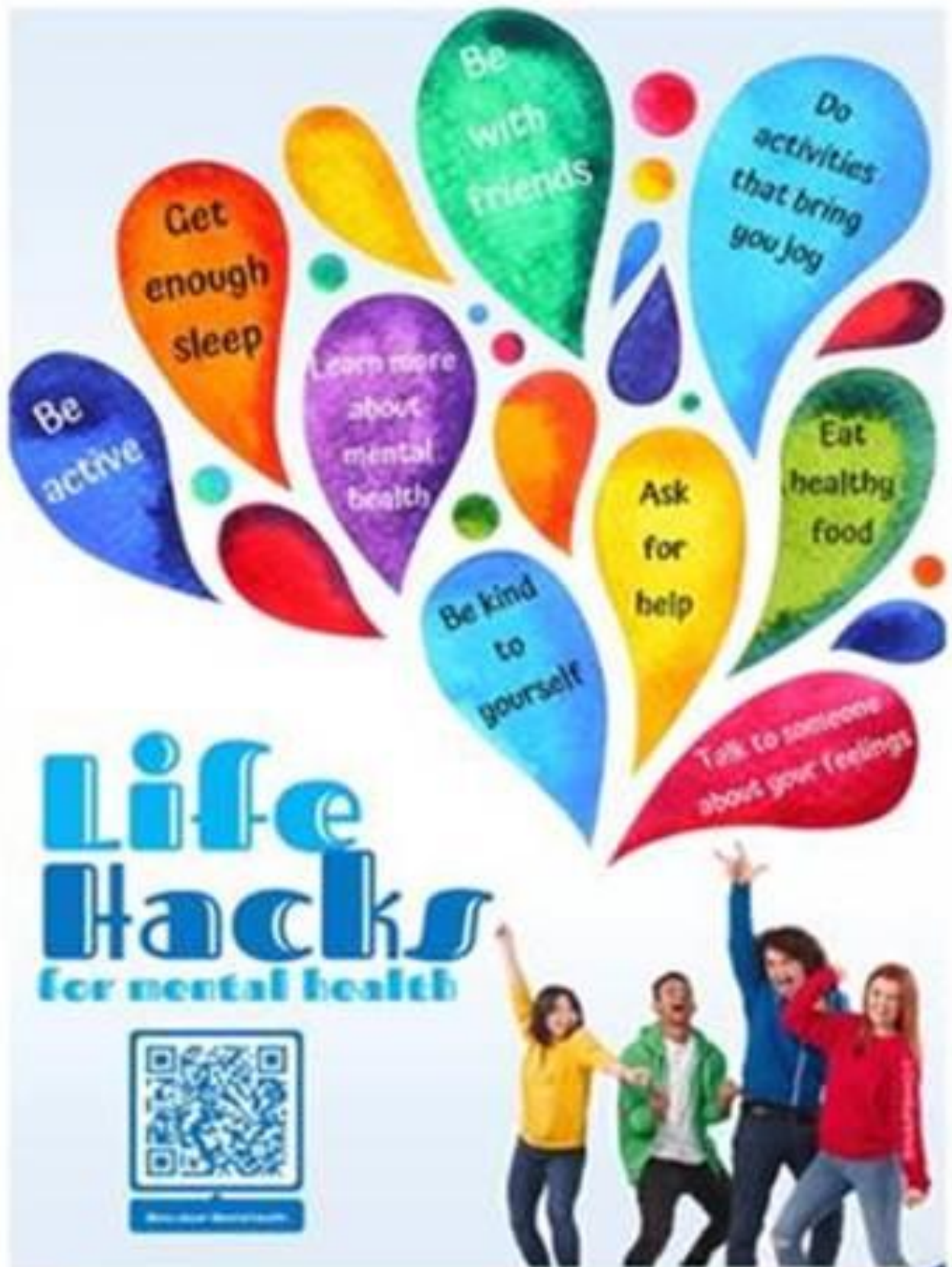
SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

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.



One *Learning* Community

