



Oak Bay High School

The Next Week @ Oak Bay High

May 2nd- 6th, 2022

May 3rd Parent Teacher Interviews-early dismissal @2:00pm

May 5th RED Dress

May 11-13th Rise Together Art Exhibit & Silent Auction

May 16th Pac Meeting

May 20th Pro D Day-school not in session & Grad Dinner/Dance

May 23rd Victoria Day-Stat Holiday school not in session



2022-23 School Update

Administration changes - Next year will see a change in the administration team here at Oak Bay. Current Principal Tom Aerts will be moving to a new position as Associate Superintendent at the School Board Office. Though Mr. Aerts is excited about his new role and the opportunities that it will provide, he will miss being in schools daily and working with the outstanding students and staff here at Oak Bay.

Replacing as Principal next year will be Shawn Boulding. Mr. Boulding is currently the Principal of Gordon Head Middle School and before was the Principal of Mt. Douglas Secondary School. In addition, Mr. Boulding was a Vice Principal here at Oak Bay in the old school building around 15 years ago. We are looking forward to having such an experienced Principal return to Oak Bay.

Oak Bay Timetable A huge thank you to all the parents and students who provided feedback through the timetable survey that was sent out earlier. After spending time reviewing the feedback and consulting with the staff, it has been determined that moving forward Oak Bay will remain a semester school. Thank you again to everyone who took the time to engage in this process.

Parent Teacher Interviews- PTI- Students received their Semester 2 interim report card on Wednesday of this week in Advisory. Parents/guardians are encouraged to review the report card with their child. Parents/guardians are welcome to reach out to teachers at any time during the semester to discuss student learning. Formal "Parent-Teacher Interviews" are set to take place on Tuesday, May 3, 2022 (5-7pm). This semester's PTI will occur in person in the school's gymnasium & cafeteria. On Wednesday Apr 27th, parents/guardians received an email with instructions & link to the online booking system for booking a 10 minute PTI. The booking system will be open until Sunday May 1st @ midnight. There will be early dismissal Tuesday May 3rd @ 2:00pm, to accommodate the PTI's. Please see the adjust school schedule, at the end of this newsletter.

Rise Together for Ukraine Art Exhibit and Silent Auction Rise Together is a collaborative charity created by two grade 11 Oak Bay High students, Holly Smith and Trishna Gill. From May 11th - 13th, Rise Together will be hosting an art exhibit and silent auction in support of Ukraine. They have partnered with a Ukrainian street photographer and documentary, Mikhail Palinchak, to have his war photographs/documents printed to canvases for viewing. Rise Together has also partnered with seven award winning artists from Vancouver Island as well one Oak Bay student to have pieces donated to be auctioned in support of Ukraine. The Rise Together for Ukraine Art Exhibit and Silent Auction is in collaboration with the Canada-Ukraine Foundation where 100% of proceeds will be providing humanitarian aid for those in Ukraine.

The Rise Together for Ukraine Art Exhibit and Silent Auction is from May 11th-13th and open to the community from 12pm-5pm downtown at Fortune Gallery.

Location: Fortune Galley (537 Fisgard St)

Date: May 11th - 13th **Time:** 12pm - 5pm

More information: victoriarisetogether.com

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>



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.



Congratulations to the Senior Boys Rugby Team who defeated SMU on Wednesday, April 27th to capture the prestigious Boot Game trophy with a score of 29-8!

The 7's teams left on Thursday for a jamboree in Vancouver, good luck to both teams.

The Senior Girls Soccer team went up to Campbell River last week and played 4 games against Vancouver Island and mainland teams.

Scores:

4-0 vs Carihi High

6-1 vs NDSS

0-1 vs Argyle

3-0 vs Carson Graham

Jade McKee was voted team MVP for the tournament. City playoffs are approaching next week, good luck!

Jr. Girls Soccer have been preparing this week for City Playoffs staring Monday, May 2nd.

Track and field team has been participating in the lower island league meets and have one more next week before the Lower Islands on May 11th. It's not too late to join if any students would like to participate! Please see Mrs Kubicek if you are interested.

Badminton – The Oak Bay badminton team is heading into their city playoffs this week and next. They will be participating in the island championships May 5th and 6th. The team has improved each week of play throughout the season and are looking forward to a strong finish here in the playoffs.

Our Golf Team - The golf team continues to practice weekly ahead of its first tournament next week. Outside of the school team, multiple team members competed in a Canadian Junior Golf Association event in Langley this past week. Our own Brendan O'Brien won the tournament with a two day total score of -7! Brendan has now qualified to play in the IMG Junior World Championship this summer in San Diego. Huge congratulations to Brendan for this amazing accomplishment!



IMG JUNIOR WORLD CHAMPIONSHIP
QUALIFIER
Pagoda Ridge, Ages 13-18



WINNER
Brendan O'BRIEN



CANADIAN JUNIOR GOLF ASSOCIATION

taylorMade



JUVENILE BOYS DIVISION



PHOTOS COURTESY: @FAIRWAYVISION



OFFICIAL
JUNIOR TOUR
PARTNER

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Counsellor's Corner- Building capacity to face adversity. Creating an environment where 'safe' risks are encouraged, support is unconditional, and empathy is constant, we are better able to build capacity in our children so they are ready to face any adversity that will come their way over time. I smile every time one of my sons takes a risk, be it socially (joining a group or game) or physically (trying something on the playground/climbing a tree), as it is these experiences that will endure, albeit subconsciously, to help them when times are difficult. One of my favourite verbs is 'challenge', so as to challenge are children to be comfortable with being uncomfortable (this a spectrum of course, but one that fits for each person's growth continuum). And when our child takes a risk, one in which did not work out or was 'unsuccessful', we are there to give them our support, to highlight their courage, and to offer perspective on the experience, if necessary and fitting. We want to encourage our children to be resilient, flex their independence, be wrong, fail at something, but in the end, know that we are always there, no questions asked, unconditionally. I learn from children every day, and I'd like to end on this little gem from my son oldest (he said this when he was 9 years old) after a one-to-one conversation, about something related to this write.
I said, "Son. It's my job to give you wings."
He said, "Sure. But I get to design them."

All the best, The Counselling Tea

Open House Events May 3rd and 4th at 6-7:30pm, for Indigenous educators, Indigenous students and their families.
Camosun College's Eyē? Sqâ'lewen will be hosting and sharing information about Indigenous education, supports and resources at Camosun College's Eyē? Sqâ'lewen: Indigenous Education and Community Connections, including program specifics. There will be a pizza dinner, beverages, awesome door prizes (Chromebook and Artisan-made Drum) and swag too!

The following are the dates and location for the event:

Tuesday, May 3rd, at 6 - 7:30pm
Saanich Adult Education Centre
7449 W Saanich Rd, Brentwood Bay, BC V8M 1R7

Wednesday May 4th, 6 - 7:30pm
Camosun Interurban; Centre for Health and Wellness, Room 105 (Cultural Room)
4441 Interurban Rd, Victoria, BC V9E, Canada
Building 28 on map <https://camosun.ca/about/our-campuses/interurban-campus>

All those interested, please email your RSVP to EPotvin@camosun.ca.

<div><div>Tuesday, May 3rd</div><div>Early Dismissal @ 2:00</div></div>
<div>Before School Classes</div>
<div><div>F Block</div><div>9:00-10:05</div><div>65mins</div></div>
<div><div>E Block</div><div>10:05-11:05</div><div>60mins</div></div>
<div><div>Lunch & Lunchtime Classes</div><div>11:05-11:55 (50mins)</div></div>
<div><div>H Block</div><div>11:55-1:00</div><div>65mins</div></div>
<div><div>G Block</div><div>1:00-2:00</div><div>60mins</div></div>
<div>After School Classes</div>



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.

A colorful poster titled "Life Hacks for mental health" featuring a central cluster of teardrop-shaped callouts with various tips. At the bottom, four diverse youth are shown cheering with their arms raised. A QR code is located in the bottom left corner.

Life Hacks for mental health

Be active

Get enough sleep

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

One Learning Community

Greater VICTORIA School District