



Oak Bay High School

The Next Week @ Oak Bay High

April 11-15th, 2022

Apr 13th Art Discovery
Apr 15th Good Friday-School not in session
Apr 18th Easter Monday-School not in session
Apr 21st-Grad Assembly-Focus Block
Apr 25th PAC Meeting @ 7:00pm
Apr 29th Literacy/Numeracy Assessments



COVID MASK UPDATE - As of **Monday, April 4, 2022**, masks in school became optional. The decision to wear a mask or face covering will be a personal choice for staff, students and visitors. It is important to note that everyone's comfort level with or without masks may vary—and that a person's choice to continue wearing a mask is to be supported and respected. We encourage you to have conversations with your children to remain supportive of those who wish to continue wearing their masks.

Art Discovery- On Wednesday April 13, 2022 @ 11:30am, Tyrone Elliot, Indigenous Art and Culture Coordinator, along with Christopher Courchene, Indigenous Student Achievement Facilitator, will be facilitating a drop-in Art Space for our Indigenous students.

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 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.

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.



Tennis-Congratulations to members of the OB tennis team. The team won their first game of the season defeating GNS 8-3. OB's next game is next Wednesday at Henderson

Track & Field –the team will have their first meet next Wednesday

Badminton- is well underway, look for scores & stats next week

Jr & Sr Girls Soccer – both teams are at finals yesterday & today at UVIC

Rugby – next Thursday there is a boot game with SMU, all 3 OB teams in action

All the coaches are out with the teams playing this afternoon, which is why there are no scores today-apologies.



All the best,

Will Moore, Counsellor @ Oak Bay



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". It features a central cluster of teardrop-shaped callouts with various tips: "Get enough sleep", "Be active", "Be with friends", "Do activities that bring you joy", "Eat healthy food", "Ask for help", "Be kind to yourself", "Learn more about mental health", and "Talk to someone about your feelings". At the bottom, four diverse young people are shown dancing joyfully. A QR code is located in the bottom left corner. The poster is framed by a blue border with the text "One Learning Community" and the Greater Victoria School District logo.