



Oak Bay High School

The Next Week @ Oak Bay High

May 24th-27th , 2022

May 23rd Victoria Day-Stat Holiday school not in session
May 25th & 26th Annie Junior Production in the DD Theatre
Jun 1st OB Band Concert in the DD Theatre
Jun 4th No Sort Bottle Drive
Jun 13-17th Numeracy & Literacy Assessments



PARENTS OF GRADE 12 STUDENTS

Have you moved during the school year? Does the school have your correct address? Graduation diplomas for grade 12 students will be mailed by the Ministry of Education during the summer to the address the school currently has for you in our computer system. If you have moved recently, please feel free to contact the school to check we have the correct address for your student. Final Transcripts can be obtained and sent to post-secondary schools by signing up for [Student Transcript Services](#), if you have not already done so.

Musical Theatre Class

On Wednesday and Thursday, May 25 and 26 at 7:00 pm, the grade 9 Musical Theatre class will present **Annie Junior** in the Dave Dunnet Community theatre. Tickets are \$5 and are available through the school website and at the door. This should prove to be an exciting production with a different cast each night. Enjoy!!

OB Band Concert Event Our Final Orchestra and Band Concert will be Wednesday June 1st, in the Dave Dunnett Theatre @ 7pm.



NO SORT BOTTLE DRIVE 2022

WHO? Oak Bay Rotary Club

WHY? Fundraiser: JACK WALLACE MEMORIAL TRACK: A campaign to resurface the track at Oak Bay

WHEN? Saturday, June 4th

WHERE? Oak Bay High School Back Parking Lot off of Cranmore Road

WHAT TIME? Rain or Shine: 10:00 AM to 1:00 PM

THANK YOU Oak Bay Rotary Club for helping us to achieve our goal of resurfacing the track at Oak Bay High.

For information on bottles accepted: <https://bottledepot.ca/charity-donation-bin-keep-it-local/>

From the Project Committee raising funds for: 'Keeping our Community on Track'



The Oak Bay Interact Club will be selling freezies and other snacks at the front of the school at lunch on Wednesdays. All proceeds will go directly to Malawi Girls On The Move, a charity which provides educational opportunities to young Malawian women. Find out more here: <https://www.malawigirlsonthemove.com/>. Please encourage your student to bring some cash and stop by to get a tasty treat and support an amazing cause.

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

Congratulations to Christy Cheung on being one of four grade 11 students chosen from Vancouver Island to take part in the highly competitive Xavier High School Internship Program. Christy will spend her summer researching cancer at the Trev & Joyce Deeley Research Centre on the front lines, learning the latest techniques in the fight against cancer today and setting the ground for the further. She will be rewarded with a grant to help kick start her university education. Well done Christy!



The Senior Boys Rugby Team completed league play and won the city championships last Friday. The Howard Russell Cup will stay in Oak Bay for another year! A special mention to captain Eli Carter-Sullivan who won the Don Burgess Cup as MVP of the league. The team lost in the Island Final to Shawnigan.

The Junior Boys Rugby Team completed league play with an undefeated season. The team lost in the Island Final to Shawnigan

The Senior Girls Rugby Team is heading into next week's Island Championship.

Ultimate Frisbee Team won the Island’s Championship

Track & Field Team is competing in Nanaimo at the Island Championships

Senior Girls Soccer Team played very well & took the Island Championships

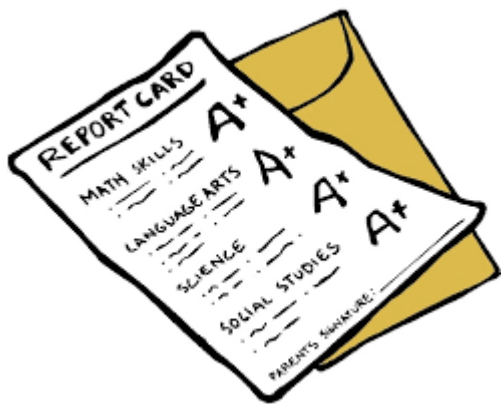


Counsellor’s Corner- They Are Watching...Achieving a healthy work-life balance can be a challenging endeavor, but one we need to invest in for our overall mental health. As parents, we are extremely busy and are constantly modelling behaviours for our children whether we are conscious of it or not. While we want to encourage our children to get out there and get among it, we need to ask ourselves: Am I spending quality time with my child? Am I working too much? Is my child overprescribed? Are they doing too much? Is their job getting in the way of their schoolwork? With the advance of technology, especially, our children face the challenge of: do I stay in, and game out? Scroll mindlessly through the latest Tik Tok video? Or, do I go explore nature? Go for a walk at the beach? Essentially, be present in an environment where my senses are not being artificially assaulted and exhausted. I’m not anti-technology (while I am bit of a Luddite when it comes to technology), in our teen years, all we could do was yell or scream with joy/anger, any emotive response for that matter, at the TV, without response or recourse! Hence, we did not have the instant feedback loop our children experience today-and guess what, it's not always reassuring or positive! It is up to us to model the values that we have set out for children, educate ourselves about the latest/greatest technology that our children are hooked on, practice and model self-love and self-care, and help our children grow into healthy and aware young human beings, that they wish to be.

The Counselling Team

Student Report Cards

Report Cards were issued April 27th. If you did not receive your student’s report card, you are welcome to come into the office and collect it at your first opportunity.





MENTAL HEALTH AND WELLNESS **SNAPSHOT**

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

May 2022 Snapshot

[Helping Teens Manage Change](#)

As you move forward in your life remember

WHAT YOU LEARNED IN KINDERGARTEN

SNAPSHOT

no matter how old you are it is best to
hold hands and stick together!

One *Learning* Community

May 2022



BECOME A HOST FAMILY!



Enjoy an Unforgettable Cultural Exchange

Dedicated middle and high school students come from 28 different countries to attend academic programs in Greater Victoria Schools.

- Both short term and long term hosting opportunities are available
- 24/7 assistance is available from the homestay office.
- \$1100/month provided for student support (after July 1)



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VICTORIA INTERNATIONAL EDUCATION

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