



L'École Secondaire

Oak Bay High

Feb 10th, 2023

Dear Parents, Guardians & Students;

Important Dates for next week:

- Feb 14th** -Happy Valentine's Day
- Feb 15th** -Band Concert 7:00 pm - Theatre
- Feb 16th** -Gr 9 immunization catch-up
- Feb 17th** -Pro D Day - Classes are not in session

From the Office...

Planning for next year

This week we held grade-wide assemblies to introduce students to the process and time-lines associated with course selection for next year. Next week, admin and counselors will be meeting with individual classes to further support students through this process. Students will be coming home with their course planning documents, please take some time go over individual choices and make sure selections are completed, including parent/guardian signatures, by **Feb 22nd**.

Report Cards

First semester report cards were distributed today, during Advisory. For students who did not pick up their report cards today, they will be available in the office next week.

From PAC...

1/ **Presentation of Screenagers Next Chapter - Thursday, Feb 23 7 pm Dave Dunnett Theatre**

Please join us to watch and discuss the follow up to the film from the Makers of the Award-Winning Documentary Screenagers. Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience—a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.

This is jointly organized by PACs from Oak Bay High and Monterey and Lansdowne Middle Schools.

MOVIE TRAILER: <https://www.screenagersmovie.com/nc-trailer>

Date: Thursday, February 23, 2023

Time: 7:00 pm

Location: Dave Dunnett Theatre - Oak Bay High School

2/ **Naloxone training for parents - Monday, February 27 7:00 pm Cafeteria (part of monthly PAC meeting)**

For our community...

As hopefully you are already aware, the month of February is **Black History Month**. This is a time to honour the achievements and contributions of Black Canadians. We have several exhibits, activities and presentations planned over the next few weeks. For those you who have the opportunity to work with black youth, please follow the link, [Listening to Black Youth & Creating Safer-Braver Spaces in Community and Schools](#) for a professional development opportunity.

As we continue to engage in the necessary path towards Truth and Reconciliation, the Community Association of Oak Bay is presenting [Getting from Truth to Reconciliation: Establishing respectful community relationships](#).

This presentation is by Ry Moran, Associate UVIC Librarian, Reconciliation and founding Director, National Centre for Truth and Reconciliation.