



L'École Secondaire

Oak Bay High

Feb 10th, 2023

Dear Parents, Guardians & Students;

Important Dates for next week:

- Feb 20th** **Family Day** - Schools not in session
- Feb 22nd** **Team Planning** for staff - first class begins at 9:55am
Pink Shirt Day - Wear pink to support this important day
- Feb 23rd** **Grade 12 Assembly** - Capstone Projects

From the Office...

Planning for next year

Counselors and Admin have not met with all students, grades 9-11, to go over course planning for the 2023/24 school year. The course selection forms that all students should now have, are due into the office by the end of the day on **Wednesday, Feb 22nd**. If there are any questions regarding course information, the following link will take you to the course planning site on the school website. <https://oakbaycourses.sd61.bc.ca/> If there are any additional questions, please contact school counselors or admin.

Pink Shirt Day – February 22, 2023

This Pink Shirt Day we are introducing the concept of being kind to ourselves. Just as important as it is to be kind to others, it's equally important to practice kindness towards yourself. This is often referred to as self compassion.

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or belittling ourselves with self-criticism. Forgiving and nurturing yourself can set the stage for better health and relationships. It can also lower levels of anxiety and depression as self-compassionate people are kind to themselves when they are suffering, which reduces their anxiety and related depression.

As our own well-being increases, we are more able and likely to be patient, supportive, forgiving, and loving. To take care of others, we must take care of our self; otherwise, we start running on empty. As we grow in happiness and inner strength we have more to offer to others.

Student Learning Survey

Over next week, grade 10 and 12 students, along with teachers and administrators, will be completing the Student Learning Survey. Grade 11 students will complete the Youth Development Survey. These surveys provide us with important information in regards to our students' achievement, their sense of belonging and community, and their overall health and wellness.

We invite you, as parents/guardians, to also complete the Student Learning survey for each child you have at Oak Bay High School. Please follow the link below and access the survey through the "Parents Direct Access", no logon number is required. The survey will be live until after Spring Break.

<https://www.awinfosys.com/SurveyFull1/central/main/access.asp>

Please direct any questions to Jen Wignall, Vice Principal.

From PAC...

Screenagers @ Feb 23 and Naloxone training @ Feb 27 PAC meeting.

Presentation of Screenagers Next Chapter - Thursday, Feb 23, 7:00 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.

Please see the following [link](#) for more information

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

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

The next Parents Advisory Council (PAC) meeting will feature a hands-on Naloxone training session provided by Victoria’s Youth Clinic, The Foundry.

A nurse and family peer support worker will:

- present information about teens and substance use
- walk through the symptoms of an opioid overdose
- teach how to respond to an opioid overdose and how to use a Naloxone kit
- provide a chance for parents to practise using a kit
- respond to questions
- participants will be given their own naloxone kit to take home

Naloxone is a medication that can quickly reverse the effects of an overdose from opioids such as heroin, morphine, fentanyl, carfentanil, and codeine. Opioids are most often prescribed for pain relief. However, in recent years, highly-toxic synthetic opioids are being made in illegal labs and sold on the streets, often mixed with other drugs. More information can be found at <https://wellbeing.gov.bc.ca/>

