



L'École Secondaire Oak Bay High

Feb 24th, 2023

Dear Parents, Guardians & Students;

Important Dates for next week:

- Feb 24th** PAC Meeting (7:00 pm in the cafeteria)
- Feb 25th** Jazz Affair Concert (7:00 pm Theatre)
- March 2nd** Course selection support for incoming grade 9 students (and any new students to Oak Bay)
- March 3rd** Musical (**Chicago**) begins - purchase tickets through School Cash on-Line (school website)

From the Office...

2023/24 Course Selection

At this point, all of our grade 9-11 students should have handed in their course selection forms, to the office, for the 2023/24 school year. This week, school administration and counselors will be meeting with our incoming grade 9 schools at their perspective, current middle schools.

For those families who will be new to Oak Bay, (grades 9-12) we are offering a course selection/planning information night on Thursday, March 2nd, where school administration will be on hand to help interested families through the course selection process.

Just a reminder that we continue to invite parents to *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 the Career Center...

Parents of grade 12 students, as part of the Grad program, all grade 12 students will be presenting their Capstone projects on either April 18th or 19th. For more information about these evenings, please follow this link [Save the Date](#)

From PAC...

Upcoming PAC meeting with special session on Naloxone training for parents - Monday, February 27 7:00 pm Cafeteria

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

A nurse and family peer support worker will:

1. present information about teens and substance use
2. walk through the symptoms of an opioid overdose

3. teach how to respond to an opioid overdose and how to use a Naloxone kit
4. provide a chance for parents to practise using a kit
5. respond to questions
6. 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/>