



Sept 19, 2025

For next week:

Sept 22	Pro D Day	Schools not in session
Sept 23	CUE Event	See information below
	C4C Balloon Pop	
Sept 24	Team Planning	-First period classes begin at 9:55 am
	C4C Head Shave	
Sept 25	Volunteer Fair	-am only
Sept 27/28	C4C Bottle Drive	

For your information:

Water is Life...

For any students interested in participating in or just simply wanting to know more about this program, please see the [link](#) for more information.

Canadian Universities Event – Sept. 23, 2025

We are excited to announce the upcoming Canadian University event, taking place in our large gym on September 23rd, from 9:00 AM until 11:30 AM. This event promises to be an invaluable opportunity for our students to explore their higher education options.

With representatives from approximately 45 Canadian universities on hand to answer questions, this event is a unique chance for students to gain insight into their future academic journeys.

Students are encouraged to attend and take advantage of this fantastic opportunity. **All grades are welcome during Focus block. Students with spares may attend at any time during their spare and students without spares may attend in Focus or with their block A or B teacher.** We look forward to seeing you there

From PAC...

We had a great turn out for our first PAC meeting of the year. Bruce Kilpatrick from ReconciliACTION Oak Bay spoke briefly about their organization and the upcoming ceremony on September 28th at the Sno'uyutth Welcome pole in honour of the National Day for Truth and Reconciliation. We are also working on a number of parent education events and info sessions,

with the first one being the showing of the updated Film Screenagers, happening in October. Please see details below.

The Oak Bay High PAC also has a new email address! If you would like to contact PAC you can reach us at: obhpacinfo@yahoo.com

Thursday night October 16 at 7 pm the PAC invites you to come and see the movie Screenagers: Growing Up in the Digital Age. All Oak Bay HS families are invited to come view the movie with your teens, at the Dave Dunnett Theatre at Oak Bay High School.

In this movie filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level. Supported with the latest science, research, and expert insights, this award-winning film probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and academics. The film offers solutions on how we can help our kids navigate the digital world. Dr Ruston is also the author of an immensely helpful book published in 2020 - Parenting in the Screen Age: A Guide for Calm Conversations. And if you podcast then look for the Screenagers podcast, with interviews of researchers, thought leaders, and young people themselves, exploring strategies for raising screen-wise and tech-balanced youth.

This event is jointly organized by PACs from Oak Bay High and Monterey and Lansdowne Middle Schools. No tickets are required. Screening time is 1 hour, and after the show we will host a discussion exploring some of the themes presented in the movie. Your reactions and input plus those of your teens will be valuable to us all.

Hope to see you there in October!

See <https://www.screenagersmovie.com/about-screenagers>

From the Municipality of Oak Bay...

The District of Oak Bay is updating our Active Transportation Strategy and developing a Cycling Implementation Plan, and we would like to hear from the school communities who have families living or commuting to Oak Bay on how they get around. The questionnaire is open until September 26th and we would appreciate if you could share this [online questionnaire](#) with families.