



**For next week:**

**Sept 29**      Orange Shirt Day  
**Sept 30**      National Day for Truth & Reconciliation (non-instructional day)  
**Oct 2**        Cops For Cancer      -Riders arrive at 9:06 am

**For your information:**

**Cops for Cancer**

The students have been working hard over the past few weeks, raising funds for this year's Cops for Cancer campaign. Over 100 students were involved in a car wash, garage sale, and canvassing around the neighborhood. On Saturday, we will have the bottle drive in the back parking lot off Cranmore Street from 9-2 and would appreciate any cans and bottles being brought in. If you wish to donate to the cause, consider going to our fundraising page as well.

[https://support.cancer.ca/site/Donation2?PROXY\\_ID=552831&mfc\\_pref=T&idb=1507920731&df\\_id=37741&PROXY\\_TYPE=22&37741.donation=form1&FR\\_ID=30616](https://support.cancer.ca/site/Donation2?PROXY_ID=552831&mfc_pref=T&idb=1507920731&df_id=37741&PROXY_TYPE=22&37741.donation=form1&FR_ID=30616)



**Tuesday, September 29, ORANGE SHIRT DAY – Adjusted Bell Schedule**

Students are encouraged to wear orange to acknowledge the National Day for Truth and Reconciliation on Tuesday, September 29. Each year at Oak Bay, we have an assembly to acknowledge the day; the tone of the assembly is similar to that of a Remembrance Day assembly. We acknowledge the truths of the Canadian Residential School System, the intergenerational trauma experienced by Indigenous People, and promote actions that support reconciliation. We have adjusted our bell schedule for the day as the weather forecast will not promote us being outside by our Sno'uyuth pole. Please see our adjusted bell schedule to remind your students, it is also posted in the grade-based Google Classrooms and on our screens in the school:

- Block B – 8:55 to 10:06
- Block A – 10:06 to 11:12
- **Lunch – 11:12 to 12:02**
- D Block – 12:02 to 1:03
- **Focus/TRC Assembly (GYM) – 1:03 to 1:49**
- C Block – 1:49 to 3:05

### **Upcoming Trustee Election**

The Oak Bay Community Association, with cooperation from the Oak Bay High School PAC will be hosting an All-Candidates forum for School Trustee elections, specifically for the Oak Bay Ward. This event will take place in the Dave Dunnet Theatre at Oak Bay High on October 13 @7pm.

In an effort to involve student voice, the Oak Bay High PAC executive has created a question submission form (see below) and is hoping Oak Bay students will take some time to create questions to be posed to each of the candidates. Any questions submitted through the form will be gathered by the multi-school election committee (this is currently being arranged by the PACs) to vet for relevance to our family of Oak Bay Schools. The relevant questions will then be passed along to the moderator of the All-Candidates forum, who will pose these questions to the candidates. There is a deadline of **October 6th** for question submissions.

<https://forms.gle/qpLxzPgBwrodgedZ8>

### **Families of Grads of 2027**

Mr. Alexander will be sending a weekly reminder to Grade 12s and families for the Weekly Update. This Google Doc will be updated every Friday and will include important post-secondary and scholarship updates to help guide you through the year. The year ebbs and flows in terms of deadlines and opportunities. We are at the start-up stage, so it's time to organize for the year. We are full speed ahead for planning life after high school!

**Students** ~ If you haven't provided me with your contact information, [please fill out this form](#). If you provided your email to me already, don't fill out the form.

**Parents** ~ If you would like to receive a weekly email reminder, please [complete this form](#). The weekly update short link is: [bit.ly/obscholar](http://bit.ly/obscholar) - the first update will be on that site this Friday.

If you have already signed up for the weekly update, please don't fill out the links again.

## Parenting Without Power Struggles



**BGC South Vancouver Island (Boys & Girls Club of Greater Victoria) offers two programs to support parents of teens: Parenting without Power Struggles and Parents in the Know, a 10-week in-person program. Both provide tools, skills and support to help parents guide their teens with confidence. Your teen's future starts with your support. Let's navigate this journey together!**

### PARENTING WITHOUT POWER STRUGGLES

**For parents of kids  
aged 9-14 yrs**

**Meets In-Person at  
345 Wale Rd, Colwood  
Tuesdays @ 6:30-8:30pm  
Sept 29 - Dec 10 (10 weeks)**

This program encourages parents to build on their family strengths, gain confidence in parenting an emerging teen, and discover practical ideas on how to prepare for the transition from preteen to teen.

### PARENTS IN THE KNOW

**For parents of teens  
aged 15-19 yrs**

**Meets In-Person at  
410 Macaulay St., Esquimalt  
Thursdays @ 6:30-8:30pm  
Oct 1 - Dec 3 (10 weeks)**

An education and group support program for parents of teens who want to develop new skills and knowledge while increasing their confidence as a parent while they support their teens' development into adulthood.

### Connect with Us:

**Nicola Mackay, Family Programs Manager**  
**250.686.9109 [parentingprograms@bgcsvi.org](mailto:parentingprograms@bgcsvi.org)**

