



NEWSLETTER

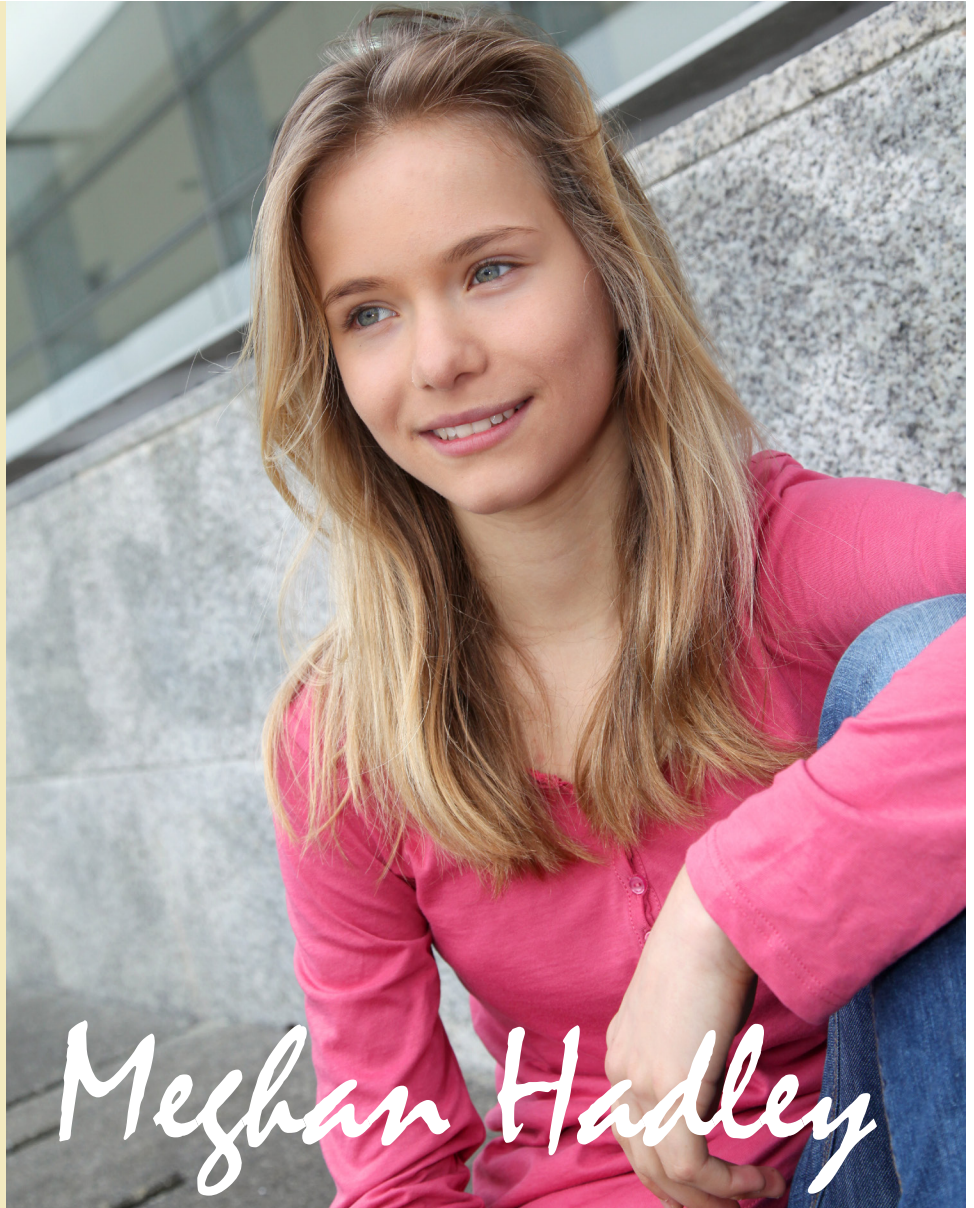
SPORTS AND ATHLETIC PROGRAMS • FALL • VOLUME XIV

IN THE SPOTLIGHT MEGHAN HADLEY AND EQUESTRIAN JUMPING

How do you set realistic goals?
When you're super-clear about what you want to accomplish, you'll be more consistent in your training. And that consistency in training will produce the results that you expected.

How do you get ready before a competition?
Each rider has a chance to evaluate the course and the different types of fences by walking it on foot prior to the competition. At that moment, you also need to evaluate how much time will be required for each particular obstacle.

What motivates you?
I am motivated by my passion for horses and my desire to improve.



Congratulations to Meghan and her team for their second place tie (Jumping discipline, age group 14-16) at the Blue Valley's Junior Equestrian Competition on August 17th.

According to Meghan, jumping is one of the most exciting disciplines in equestrian sport. In the competition, the horse and rider must jump a course of approximately 15 obstacles with no penalties. Penalties or faults are incurred if the horse knocks down an obstacle or refuses to jump. Riders must also complete the course within the time allowed.

Meghan and her team are now training for the Provincial Championships, which will be held in September.



**OAK GROVE
HIGH SCHOOL**

574 MILFORD AVENUE
BLUE VALLEY BC V2L 1B5

BASKETBALL TOURNAMENT OCTOBER 30TH

Join us!



Mark your calendar for the **Blue Valley High School Basketball Tournament on October 30th**. Oak Grove High School will be playing against St. Laurent High School in what promises to be an exciting match. The fun tournament kicks off the basketball season.

Training camp has been underway for a few weeks now according to Head Coach Ian Fisher, and the team is looking forward to the season. “We have a strong core of returning players, so we’ve increased our expectations, and are ready to deliver our best performances yet, in what could be the most exciting tournament season for Oak Grove. This year’s edition is a great mixture of talent and impressive work ethic – all key ingredients that will give fans some fantastic entertainment this season.”



Interested in seeing Oak Grove’s basketball team in action? Want to watch some history unfold? Come on out and cheer for your favorite team at the tournament. Admission is free, but buy a drink or snack while you’re there to support the school’s basketball program.

This year’s tournament is being held at St. Laurent High School on Darwin Street, at 6:00 p.m. sharp. It promises to be an exciting evening.

SEE YOU THERE!

COPING WITH SCHOOL STRESS

School, homework, extracurricular activities, sleep, repeat. That’s what high school years can become for some students.

Many teenagers experience high levels of stress, to the extent that it impacts not only their academic results, but also their mental and physical health. School stress is serious business.



With heavy homework loads, time-management and organizational skills become crucial weapons against stress.

STRESS-RELIEVING TIPS

Try to do something every night instead of cramming all your homework at the last moment.

Use a planner to keep track of assignments and check them off once completed.

Make sure to get enough sleep. For adolescents, that’s about 9 hours. Adequate sleep alone makes a huge difference in stress levels.

Finally, remember to have fun in high school!



SAILING CAMP IN THE SOUTHERN GULF ISLANDS

This past summer, three of our students—Julie, Max and Roberto—joined a six-day sailing camp.

The adventure took them through the Southern Gulf Islands. The Islands are located between Vancouver Island and the mainland of British Columbia. The islands and surrounding ocean feature some of the most beautiful landscapes BC has to offer.

“We learned that the wildlife found in the Gulf Islands includes orcas, sea lions, seals and otters as well as eagles and falcons. We spotted many seals and sea lions sleeping on small reefs,” Roberto said.

The crew on each boat consists of six students and two instructors with extensive sailing and teaching experience. The on-water instruction allows students to practice what they have learned in the textbooks and classroom.

Max recalls: “We spent our first day reviewing the basic sailing terminology and how sailboats work. That night we had our first sleep on the boat at the Port Sidney Marina. The next morning we woke up to set sail. We learned about emergency procedures and how to rescue crew if someone goes overboard. We spent the next three days sailing the Southern Gulf Islands, while continuing to learn basic navigation rules and sail handling.”

The program is designed for teens 14 to 17 years old. No sailing experience is required. Two days are spent in the classroom and four days on the water. Participants are introduced to sailing in a fun and safe environment. There is so much to learn from the water; it is a special environment that teaches self-reliance, sportsmanship, teamwork, and respect for the natural world around us.

“OUR INSTRUCTORS WERE AMAZING! I HAD FUN, LEARNED A LOT, AND CAN’T STOP TELLING EVERYONE HOW COOL THIS EXPERIENCE WAS.”

Julie Mathis



Our instructor Sam Cohen.

IT ALWAYS
**SEEMS
IMPOSSIBLE**
UNTIL
IT'S
DONE



THE BENEFITS OF PHYSICAL ACTIVITY

Everyone understands how important physical activity is to the well-being of children and youth, but the benefits, in areas other than health, are equally important. Studies show that regular physical activity in childhood and adolescence reduces stress and improves self-esteem. Physical play is an important human behavior and a critical contributor to our emotional well-being.

Children and adolescents should do 60 minutes (1 hour) or more of moderate to vigorous physical activity daily. Regular physical activity helps build and maintain healthy bones and muscles. It reduces feelings of anxiety or depression, and the risk of developing obesity and chronic diseases such as diabetes and heart disease. It can also positively affect concentration, memory and students' academic performance.

Many factors affect the level of physical activity of children and adolescents; where you live, whether you are a girl or a boy, how old you are, whether you are successful in physical activities, and whether you enjoy your physical education class, all affect your level of participation in physical activity.

The Physical Education class is just one avenue that provides the opportunity for physical activity, there are also numerous opportunities in the community, such as organized recreational sports, dance classes, ski programs or martial arts. Look at the bulletin board in the gym and the school website for regular announcements.





PLAYING SPORTS TEACHES MANY IMPORTANT LIFE LESSONS

Daniella says: “One of the most important lessons that sports teaches is time management. Time management is a skill I will take with me to University. Sport also helps teenagers become motivated and determined individuals. I have learned that to reach a goal you need to persevere and work hard.”

Adam says: “Over my four years of participating in high school sports, I have learned skills that will not only help me to succeed in sports, but also in life. It made me realize how discipline, hard work, and a positive attitude will lead you to success in anything you do. Being a multi sport athlete, I had to figure out very quickly how to be organized in order to excel in my athletics as well as academics. The lifelong friendships I have developed with teammates, and the memories I have shared with them are priceless. My high school athletics experience has been truly invaluable to me.

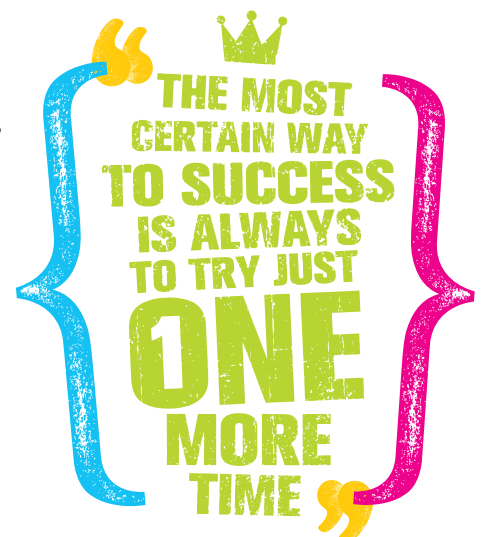
TEENS AND PHYSICAL ACTIVITY

The teenage years are a period of intense physical, emotional, mental and intellectual growth. It’s also a time when you develop healthy habits that can last a lifetime. Unfortunately, physical activity seems to diminish for many when they reach the teenage years. A recent study shows that more than half of adolescents between the ages of 16 and 18, were classified as sedentary.

Between school, homework, friends, and even part-time jobs, many teens are juggling a lot of interests and responsibilities, and struggling to find time for organized sports. Nevertheless, teens can remain physically active through activities they enjoy such as skateboarding, in-line skating, running, hiking, swimming, dancing or wall climbing. Adolescents can also work physical activity into everyday routines by walking or riding their bike to school, or finding an active part-time job. By doing activities that you enjoy, you are more likely to exercise on a regular basis and continue exercising into adulthood.

Fitness is an important component in creating a positive body image, and a positive body image contributes to a better sense of self-esteem that will enhance all aspects of a teenager’s life.

STAY ACTIVE EVERYDAY AND HAVE FUN!





MOST COMMON CONCUSSION SYMPTOMS

Even if emergency care isn't required, **you should see a doctor if you experience a head injury while doing sports.** The signs of a concussion can be very subtle and may not be immediately apparent.

Symptoms can last for days, or even longer, and may include:

- Temporary loss of consciousness
- Confusion or disorientation
- Headache (or a feeling of pressure in the head) that gets worse over time
- Amnesia
- Dizziness or "seeing stars"
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech or other changes in speech
- Changes in behavior, such as irritability
- Delayed response to questions
- Appearing dazed
- Fatigue

Experts recommend that a child or adolescent athlete with a suspected concussion not return to play until he or she has been medically evaluated by a health care professional trained in evaluating pediatric concussions.

NEW FACES

Kim Luong maintains a 96% average and participates in softball, cross country and downhill skiing. Kim has achieved great success in volleyball, and has been a member of the Provincial Championship team in each of her three high school years. At Oak Grove, she will be an assistant coach for the grade 8 and 9 volleyball teams.



Eric Stevens plays volleyball, basketball and badminton. He was a captain of his volleyball and basketball teams. He was named basketball player of the year at his former high school. He is a member of the choir and the Student Council, all while maintaining an academic average of 91%.



Samantha Boyd plays volleyball, golf and basketball. She won many tournaments and was named female golf player of the year. She participates in drama and will join the Student Council as the Sports Representative. She maintains an academic average of 92%.



Alex Ciobanu of Greenville High School in Manitoba is known for his outstanding volunteerism in high school sports. Jon is a 20-year teaching and coaching veteran, coaching all sports. His school hosted many provincial tournaments and he was very involved with each one. In recent years he has developed a very strong track program. Alex joins us as the new Physical Education teacher, and a key member of the school wellness committee. He will also be coaching Track and Field, Volleyball and Swimming at Oak Grove High School.

WELCOME MESSAGE FROM THE PRINCIPAL



At Oak Grove High School, we look forward to another successful year with the ultimate goal of seeing all of our students cross the stage at graduation with purpose and hope. With a balanced curriculum, there will be many opportunities for you to get involved in the many physical activities and team sports offered this year.

All students are encouraged to pursue sports which satisfy their particular interests and their identified skill sets. Team and individual sports play a vital role in developing one's physical, intellectual, social and emotional well being. Our coaches are committed to providing inclusive environments, while activities are designed to help students increase their self-confidence and understand the benefit of a physically active and healthy lifestyle. Oak Grove's athletic coaches also stress the importance of participation and the commitment to teamwork. Over the years, we have seen our students succeed in a wide variety of competitions and athletic events.

As your Principal, my door is always open for you. Please do not hesitate to contact me with all your questions, concerns and ideas. We are here to support you! Together, we will continue to create a fun and caring school community.

Mark Ferguson

Mark Ferguson
Principal

Athletic programs and team sports available at Oak Grove High School

BADMINTON

BASEBALL

BASKETBALL

CYCLING

FOOTBALL

ROWING

TENNIS

SWIMMING

TRACK AND FIELD

VOLLEYBALL

We are happy to partner with **MIDTOWN SPORTS EQUIPMENT** to offer great discounts to our students. Offering a vast range of clothing, shoes and sports equipment of renowned and exclusive brands at competitive prices, Midtown Sports Equipment represents an exceptional value for our students.

**BACK
TO
SCHOOL**

DISCOUNT FOR

MIDTOWN SPORTS EQUIPMENT is proud to promote the practice of physical activity by means of our association with numerous schools, professional teams, athletes and trainers.

25% off our regular price on sports footwear. Cannot be combined with any other offer or promotion. Oak Grove ID card required.

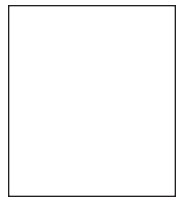


25% OFF
ALL SPORTS FOOTWEAR

Please mark your calendar for your first team meeting:



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LOOK INSIDE for a
special promotion

