



Esquimalt Parent & Student Docker

Nov. 18 – Nov. 22

moment is a fresh beginning”

Happy November!

Mon. Nov. 18	Alumni Mtg. AGM	
Tues. Nov. 19		
Wed. Nov. 20		
Thurs. Nov. 21		
Fri. Nov. 22	Professional Development Day	No Scheduled Classes

Save the Date



- Nov. 25: Let’s Talk About Mental Health 7:30 – 8:30 ESQ Theatre
- Nov. 25: PAC Meeting 6:45
- Nov. 28: Lockdown Drill 9:40 am during A blk
- Dec. 3: Winter Music Concert Part 1
- Dec. 5 Winter Music Concert Part 2
- Dec. 11: Early Dismissal 2:27
- Dec. 13: ESQ Holiday Music Social (After School)
- Dec. 19: GRAD Winter Formal

GRAD Fundraiser:

**ESQ GRAD 25
COFFEE**

\$22 - 400G BAG

OCT 23 - NOV 30TH
The Stick in the Mud Coffee Beans

PURCHASE ONLINE OR BY ORDER FORM FROM THE OFFICE
PICK-UP FROM ESQUIMALT HIGH SCHOOL DEC 9 -20

[Mental Health and Wellness Snapshot:](#)

Family Ties and Community Bonds

Click: <http://cm.pn/il3y>



Mental Health Awareness Workshop

November 25th 2024

7:30pm-8:30pm

Esquimalt High School Theatre
Information Session for Parents,
Guardians & Caregivers

Gain confidence in holding conversations about mental health,
and mental illness and explore practical ways to
develop mental resiliency!

Presented by Geoff Moffett,
Mental Health Facilitator CMHA BC



Canadian Mental
Health Association
British Columbia
Mental health for all

Association canadienne
pour la santé mentale
Colombie-Britannique
La santé mentale pour tous

The Interact Club:


1000x5 Children's Literacy Program

Visit www.1000x5.ca
for more information!

NOVEMBER 5TH - DECEMBER 5TH

The Interact club is looking for book donations (brand new or in good condition) for children aged 0-5 years!

Donation boxes located in the library and in front of the office.



The Interact Club is affiliated with Rotary International.

Donating helps kids to develop a healthy relationship with reading and encourages parents to read to their kids. This gives them a boost on their reading journey in the future! Help a child today!

BUDDIES WITHOUT BORDERS

What is Buddies Without Borders?

A program that unites international students with local students! Participate in fun social events and hang out with your new buddy for a chance to win prizes!



Who can join?

International & local students of any age. Join today!



Scan the QR code or follow the link to fill out the interest form! Please do this ASAP.



INTEREST FORM

or go to bit.ly/buddies-without-border



CAREERS:

For More Information contact ESQ Careers Team

Tarra : tclarke@sd61.bc.ca

Mr. Henderson:

khenderson@sd61.bc.ca

Health DUAL CREDIT

Grade 12 students are you interested in taking a Health Dual Credit course in Semester 2?

See ESQ Careers Team for more information/application

DUAL CREDIT COURSES IN HEALTH

GET A JUMP START INTO THE FOLLOWING FIVE HEALTH PROGRAMS

- HEALTH CARE ASSISTANT
- PRACTICAL NURSING
- CERTIFIED MEDICAL LAB ASSISTANT
- MEDICAL OFFICE ASSISTANT
- MEDICAL RADIOGRAPHY

MOA 155 is part of the Medical Office Assistant Program and is a pre-req for Certified Medical Lab Assistant / Medical Radiography / Diagnostic Medical Sonography.

MOA 155
Medical Terminology
CO-REQUISITE: ENG 12

PNUR 101
Anatomy & Physiology
PRE-REQUISITE: C IN ASP 12

HEALTH 111
Indigenous Peoples Health
PRE-REQUISITE: C IN ENG 12








MLAB 139
Pre-Analytics & Laboratory Principles
CO-REQUISITE: ASP 12 WITH MINIMUM B IN ASU 11

This course requires weekly on-campus labs (Friday afternoon) + weekly online lessons. MLAB 139 is part of the Certified Medical Lab Assistant Program.

TUITION IS SPONSORED BY YOUR SCHOOL DISTRICT

PNUR 101 is a pre-req for the Practical Nursing Program.

Health 111 is part of the Mental Health & Addictions Program / Educational Assistant & Community Support Program / Early Learning & Care Program / Community, Family & Child Studies Program.

FOR MORE INFORMATION TALK TO YOUR SCHOOL BASED CAREERS TEAM

04

DECEMBER
6PM-8:30PM

SD61
THE GREATER VICTORIA SCHOOL DISTRICT
LOCATION: 556 BOLESKINE RD, VICTORIA BC

PARENTS AS CAREER INFLUENCERS

Pathways & Partnerships



Bonnie Alexander



Lindsay Johnson

Learn how you can support your student on their future career journey.

This interactive workshop is being hosted by Lindsay Johnson, Principal of SD61 Student Services and Bonnie Alexander, SD61 District Career Education Coordinator

Questions? Contact Bonnie Alexander, balexander@sd61.bc.ca

Click here to register. Space is limited.



Parents as Career Influencers Interactive Workshop Opportunity!

Join Bonnie Alexander, SD61 District Career Education Coordinator and Lindsay Johnson, Principal of SD61 Student Services for an interactive workshop to help you navigate your student's career and education journey with them. Learn practical ways to lead meaningful conversations and dispel the misconceptions about what a career journey looks like.

Learn how to prepare your student for the work world of the future.

WHEN: December 04, 2024

WHERE: SD61 District Office | 556 Boleskine Road, Victoria BC

*This event is for **guardians and families** of students in SD61, **not students**

Space is limited, register [here](#)

If you have any questions, contact ESQ Careers Team:

tclarke@sd61.bc.ca or Ken

Henderson khenderson@sd61.bc.ca

DUAL CREDIT COURSES IN EARLY LEARNING & CARE (TO BECOME AN ECE)

Course Option One: Blended Online + On-Campus

Health 111 - Indigenous Peoples Health

Students will explore Indigenous peoples' health experiences: past, present, and future. Using a strength-based and holistic perspective, students will learn about the current realities of Indigenous peoples' health experiences, and will be introduced to traditional healing practices. Students will be able to use this knowledge to further their own understanding of Indigenous peoples' health, and can apply this experience to work with children, families and in community.

Course Option Two: On Campus Delivery

ELC 170 - Working with Family & Community

Students will be introduced to understanding the changing roles of families in our current society. Students study developmental tasks of families, historical and emerging themes with an emphasis on supporting families and establishing respectful, reciprocal partnerships. Students will be introduced to Indigenous world views in order to broaden their thinking about children and their families, including the impact of residential schools and on-going colonization and skills of reconciliation. Families are viewed within a strengths-based perspective and special emphasis is placed on the knowledge, skills, beliefs and values required to work in partnership with diverse families.



Health 111 & ELC 170 are part of the following great programs:



Course Delivery Details

Health 111. Online. Wednesday's. 5:30 - 8:20pm. Jan 8, Feb 26 & Apr 9 classes are on-campus

ELC 170. On Campus. Fri. 3 - 5:50pm Jan - Apr @ Camosun's CHW Building, Interurban

Classes are scheduled over Spring Break

Course prerequisites: Hlth 111 = C in Eng 12 / ELC 170 = C+ in Eng 12
Students need to be taking Eng 12 in Semester 1. Call SIP to review.

For more information talk to your school based Careers Team

GRADE 12 SEMESTER 2 DUAL CREDIT OPPORTUNITIES

Grade 12 students planning to apply for post-secondary education in any of the following areas should connect with ESQ Careers to determine if you meet the prerequisites for starting a course in Semester 2. This opportunity can help reduce your course load for your first year of post-secondary and have it be covered by the district. Additionally, courses may be transferable to other colleges and universities!

- Early Learning & Care
- Mental Health & Addictions
- Community, Family & Child Studies
- Educational Assistant & Community Support
- Practical Nursing
- Health Care Assistant
- Certified Medical Lab Assistant
- Medical Office Assistant
- Medical Radiography

Interested?, check in with ESQ Careers Team: Tarra tclarke@sd61.bc.ca or Ken Henderson khenderson@sd61.bc.ca

IMPORTANT GRAD INFORMATION: Attention GRAD families!

See important information about grad below.

Grad Family Meeting: November 6 at 6:30 PM in the library

Light refreshments provided

Information about the grad year, how to get involved and fundraising opportunities

Hosted by Tim Zemanek and Ally Hoffman



Important Dates:

December: Winter Formal - December 19th

Tickets on sale in November

May: Grade 12 Capstone Presentations - May 21st

June 2024- Grad events

- ESQ GRAD Recognition Ceremony Monday June 2, 2025 UVIC Farquhar Auditorium
 - Tickets on sale in Spring (6 per family- this MAY increase to 8**)
- Dinner dance June 21

GRAD ASSEMBLIES:

All the upcoming assemblies will have a newsletter to bring home

Dates *subject to change*

Nov 20- 1pm in to focus

- GRAD Status letters will be coming when term one marks are in (November) you will get a letter about whether or not your child is in a position to graduate

Feb 19-1pm in to focus

April 30-1pm in to focus

May 28- 1pm to focus

May 30- BLOCK D

June 2- Rehearsal at UVIC- grads away all day

Grad Wear will be going on sale next week! Stay tuned for details. This will be the ONLY grad wear sale this year so don't miss out! Sales will be in person and ONLINE via School cash online.

Ally Hoffman, CounsellorÉcole Secondaire Esquimalt High School

Food Programs at Esquimalt:

A reminder that our **Breakfast and Lunch programs** are intended for those students who are experiencing financial hardship/need. While we appreciate that other students may at times need to access breakfast on occasion, we are asking that those students who are able to access food at home please do so.

Please note that the **Rainbow Kitchen "Fridge of Love"** is open and accessible to ALL staff and students, regardless of financial need! 😊

REMINDERS:



Reminder about taking photos and filming at Esquimalt:

CONSENT is important. BEFORE taking a student or staff members' photo or filming, you must ask for permission first.



Student Connect:

GVSD Student Connect allows students to review privacy information and choose which online digital services they consent to use. Students should review their current consent items at the start of each school year.

New items can be added at any time (for example if a student needs access to a service in Gr. 11 that they did not need previously). Consent can also be revoked at any time if a student is misusing technology.

Important consent items in Student Connect include:

- School Yearbook and In-School Photo/Video Consent
- School and School District Media Consent
- Broadcast Media Consent
- Student Acceptable Use of Technology

Permissions for Digital tools:

- Google Workspace for Education
- Adobe Creative Cloud
- MyBlueprint
- Canva

Student Connect: <https://studentconnect.sd61.bc.ca/>

Parent Connect:

Parent Connect is an online service developed by the Greater Victoria School District to expedite consent requests and access Learning Updates (report cards). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand. The service also includes Google Translate to support parents who prefer to communicate in languages other than English.

Learning Updates (report cards) are shared digitally with both parents and students through Parent Connect and Student Connect.

Starting in Q2, all Learning Updates will only be shared via [Parent Connect](#) and [Student Connect](#). Paper copies of Learning Updates will only be available upon request.

Please click on the link below for information on how to create an account and access Parent Connect. When you access the account, student Learning Updates will be available as a pdf document.

[Parent Connect instructional video](#) and link to the portal.
[PDF Instructions for how to access Parent Connect](#)

Student and Family Affordability Fund:

In March 2024, the Ministry of Education and Child Care provided districts with additional **one-time Student and Family Affordability Funds (SFAF)**. The Student and Family Affordability Fund is intended to support families with costs associated with going to school that they may be struggling to pay. The aim is to make life more affordable for families who are temporarily facing financial challenges and need temporary assistance with the current cost of school supplies and education related fees. The funds will be provided in as flexible, private and stigma-free manner as possible.

Funding use includes, but is not limited to:

1. Goods:
 - Providing basic school supplies that might otherwise be purchased by parents, guardians, and students (e.g., pens, paper); and
 - Supporting with clothing/footwear required for school sports or other school activities.
2. Fees:
 - Waiving education-related fees (e.g., additional supplies for shop, culinary and craft classes, workbooks, camps, field trips, relevant cultural events, other student society meetings including those related to equity, diversity, and inclusion, and instrument and equipment fees or other fees charged by school districts); and
 - Fees for school sports and other school activities.

If your family or student have any questions or require support, please reach out to Sarah Garr (Principal) by phone or email sgarr@sd61.bc.ca

Need a counselling appointment?

Scan the QR code below or email us directly for an appointment.



SCHOOL BASED COUNSELLORS

Personal counselling, course changes, post-secondary and academic advising.

Allyson Hoffman (she/her)

(A to K): ahoffman@sd61.bc.ca *Monday to Friday

Anastasia Andrews (she/her)

(L to Z): aandrews@sd61.bc.ca *Monday to Friday

INTERNATIONAL STUDENT ADVISING

Tim Zemanek (he/him): tzemanek@sd61.bc.ca

YOUTH & FAMILY COUNSELLORS (YFC)

Personal and family counselling. NOT COURSE CHANGES.

Bob Beattie (he/him): bbeattie@sd61.bc.ca *Monday to Wednesday

Michaela Louie (she/her): mlouie@sd61.bc.ca *Tuesday to Friday

Akki Mackay (they/them): akmackay@sd61.bc.ca *Monday to Thursday

Are you interested in Programming? Photography? Graphic arts? Marketing? Game strategy? Social media and/or web design? If so...

COME JOIN ESQ'S

ROBOTICS

TEAM



Meetings afterschool on Mondays, Wednesdays, and Thursdays @ Room 221.

ESQUIMALT HIGH SCHOOL'S

11TH ANNUAL GINGERBREAD HOUSE SALE FUNDRAISER

BROUGHT TO YOU BY THE CULINARY PROGRAM
PROCEEDS GO TO CFAV SANTA'S ANONYMOUS

HOUSE KITS \$20.00 EACH

ORDER AT
BIT.LY/ESQGINGERBREAD24



ORDER DEADLINE
DECEMBER 1, 2024

SEE LINK FOR FULL DETAILS



NOL

night of lights

SUNDAY, NOVEMBER 24 ♦ 6:00 PM - 9:30 PM

When you purchase a \$5.00 ticket to Hillside Centre's special evening, **Night of Lights**, 100% of the proceeds support local charities in your community. It also buys you a special evening event like no other!

THE EVENING INCLUDES:

- Great Prizes including 1 of 5 **\$1,000 Shopping Sprees!**
- Tasty Treats
- Musical Entertainment
- Fabulous In-Store Discounts

For tickets or information,
CONTACT:

tokeeffe@sd61.bc.ca

Money we raise through ticket sales
WE SUPPORT:

Esquimalt Atom Smashers

Limited number available.
Entrance to the special evening is for
ticket holders ONLY, so tell your friends!

HILLSIDE
style. LIVES HERE.

FOR MORE INFO VISIT
hillsidecentre.com



\$5.00

Get your NOL tickets today!

**There is still time to register for this trip! ✈️
MAY 2025**



CAFETERIA: The Esq Café menu offers a hot lunch, salad and a variety of baked goods daily.

Lunch \$7.00, Salad \$5.00

Baked Goods range from \$1.50-\$5.00

The Café accepts reloadable cafeteria cards and cash.

Cafeteria Cards will be available to purchase on [School Cash Online](#) September 14, 2024. Cards purchases or re-loads will be ready for pickup at 11:30am in the office one business day after purchase. If you have a card from last year please bring it to the Accounts Office so it can be reactivated.

What's on the Menu? ESQ Café – Nov. 18 to Nov. 22

Mon.	Thai Curry chicken over jasmine rice
Tues.	Beef and bean burritos
Wed.	Grilled Three cheese sandwiches with tomato soup
Thurs.	Spicy Italian sub sandwich with house made potato chips
Fri.	Professional Development Day no scheduled classes



Ms. Treble's English First Peoples 10 class visited Vic West Elementary to team up with younger students as reading buddies, sharing stories and building connections. Such a wonderful way to foster literacy and community.



Esquimalt's Remembrance Day Ceremony. Thank you to everyone who gathered to honour those who served.

Lest we forget. 🌹



Senior student Cai Kemp assessing, diagnosing, and then fixing a staff members car problems. Well done, Cai! Be sure to share your business card when you graduate this year!