



## ***PARENT DOCKER*** **October 8-12, 2018**

Monday, Oct. 8	No School, Thanksgiving Day Stat.	
Tuesday, Oct. 9	PAC Meeting, 6:45 p.m.	Staffroom
Wednesday, Oct. 10	CORE Day (Modified Schedule)	
Thursday, Oct. 11		
Friday, Oct. 12	ESQ Band Instrument Masterclass & Clinic 4-7 p.m.	

### **MARK YOUR CALENDARS**

- Oct. 15 – EMPA Meeting, 6:30 p.m.
- Oct. 17 - Parent Teacher Conferences
- Oct. 18 - Great BC Shakeout Drill
- Oct. 19 - Pro-D Day
- Oct. 25 - Halloween Dance
- Oct. 30 - Photo Retakes
- Nov. 9 - Remembrance Day Assembly
- Nov. 9 - Report Cards Distributed in T.A.
- Nov. 12 - No School, Remembrance Day Stat.



### **❖ PARENT TEACHER INTERVIEWS ON WEDNESDAY OCTOBER 17<sup>TH</sup>**

Parent Teacher Interviews will be held on Wednesday, October 17<sup>th</sup> from 3:00 to 7:00 p.m. We will be on a modified bell schedule with dismissal at 1:15 p.m. Come and meet your child's teacher during the Parent Teacher Interviews. You can book an appointment via <https://esq.schoolappointments.com/admin/> or call the school at (250) 382-9226 and we'll be happy to assist you with this scheduling process. Appointments can be booked effective 7:00 p.m. on Tuesday, October 9<sup>th</sup> through to 7:00 p.m. on Tuesday, October 16<sup>th</sup>.

### **❖ DOCKER AND GRAD WEAR**

Show your school spirit and wear Docker Wear! It will be on sale until October 18<sup>th</sup> and is being sold at lunchtime in the front hallway. You can order online, or bring a completed order form to the school office with cash or cheque.

### **❖ CLIMATE CHANGE AND HOW IT WILL AFFECT YOUR COMMUNITY**

This December, world leaders will meet in Poland to finalize the rule book that will limit global warming to below 2 degrees Celsius. There is still a lot of work to be done. The BC Council for International Cooperation is sending a delegation of BC youth to represent young people at these negotiations. They want to hear from you!

How will climate change affect your community?

Fill out the survey here: <http://bit.ly/BCYouthClimateChangeSurvey>

Students can also get to the survey through Esquimalt High School's website under Events on the homepage or at <https://esquimalt.sd61.bc.ca/calendar-event/climate-change-survey/>

### **❖ MURDER MYSTERY IMPROV SHOW**

The Esquimalt Acting Troupe presents our annual Murder Mystery Improv Show. Friday October 26<sup>th</sup> at 7:30 p.m. Enjoy unscripted mystery theatre where even the actors don't know who dunnit!

❖ **CORE DAY, WEDNESDAY, OCTOBER 10<sup>TH</sup>**

On Wednesday Oct 10<sup>th</sup> we will have our next CORE day, meaning Gr 09's and 10's will attend special workshops from 8:30 to 9:50 a.m.

Our Gr 09's will hear from three speakers who will speak about the benefits of healthy eating, physical activity, and sleep. Students will be required to complete a follow up activity, which will be posted in the Google classroom ESQ GRAD 2022.

Our Gr 10's will watch a few brief videos about cell phone / device use and its impact on the teenage brain. There will be a follow-up panel discussion featuring some of our senior Esquimalt students. Gr 10's will also be able to participate in the conversation. Following the CORE session, we will be asking Gr 10's to track their screen time for a week. This assignment will be posted in the Google Classroom ESQ GRAD 2021.

Finally, as an aside, there are a few presentations for parents coming up that we highly recommend:

1. ***Sleep Tips for Kid's and Teens*** - Thursday October 18<sup>th</sup> Sean Boulet, Occupational Therapist at Ledger House (Island Health), will talk about the importance of sleep for our kids, threats to getting enough sleep, and ways to help them get the sleep they need.

Join other parents to learn strategies to promote sleep and to share in the discussion. If you have been to any of Sean's talks on Anxiety you won't want to miss this one!

Date & Time: Thursday October 18<sup>th</sup>, 7:00 - 9:00 p.m.

Location: Saanich Neighbourhood Place

RSVP: <https://bit.ly/2xFyVtN>

2. ***Parents as Career Coaches*** - Monday, October 22<sup>nd</sup> Marion Haythorne, please see JPG document on final page of this newsletter for details.

❖ **COAST SALISH PIT COOK DEMONSTRATION SATURDAY, OCTOBER 13<sup>TH</sup>**



The invitation features a purple and blue color scheme. At the top left, it says 'SPECIAL EVENT INVITATION'. The main title is 'Coast Salish Pit Cook Demonstration'. Below the title is a central circular logo with a sun, a house, and a fish. To the left is a photo of a roasted pig on a spit, and to the right is a photo of two men in hats. At the bottom, it says 'Sharing culture by sharing a meal'. The event details are: DATE: Saturday, October 13, 2018; TIME: 9:00 a.m. - 4:00 p.m. All day event - drop in or stay all day!; LOCATION: Garry Oak Learning Meadow, Fort Rodd Hill & Fisgard Lighthouse National Historic Sites. It also includes an RSVP link and contact information.

SPECIAL EVENT  
INVITATION

Coast Salish Pit Cook  
Demonstration

Sharing culture by sharing a meal

DATE: Saturday, October 13, 2018  
TIME: 9:00 a.m. - 4:00 p.m. All day event - drop in or stay all day!  
LOCATION: Garry Oak Learning Meadow, Fort Rodd Hill & Fisgard Lighthouse National Historic Sites

Please RSVP using [EventBrite.ca](https://www.eventbrite.ca) or contact us at 250-478-5122 or [pc.conservation.bc@pc.gc.ca](mailto:pc.conservation.bc@pc.gc.ca) Regular admission applies.

Canada

## ❖ PARENTING PROGRAMS OFFERED BY BOYS & GIRLS CLUB OF GREATER VICTORIA

Parents Together is an ongoing professionally-facilitated education and group support program for parents who are experiencing challenges while parenting a teen. Parents come to the group with a wide range of concerns, often feeling guilty, isolated, and not sure what to do. In a non-judgmental setting, this program helps parents address these feelings and develop new skills and knowledge that can help decrease conflict in the home.

In both these programs we talk about:

- ATTACHMENT AND RELATIONSHIP-BASED PRACTICES
- COMMUNICATION INCLUDING 6 CRITICAL MESSAGES TO GIVE YOUR TEEN
- DEVELOPMENTAL CHANGES IN PRE-ADOLESCENCE AND ADOLESCENCE
- ADOLESCENT BRAIN DEVELOPMENT
- BOUNDARIES, AND TURNING OVER RESPONSIBILITIES AS APPROPRIATE
- SELF CARE – TAKING BACK YOUR LIFE
- ADOLESCENT MENTAL HEALTH
- SUBSTANCE USE AND TEENS

Parents Together will be offered at Boys and Girls Club, 1195 Esquimalt Rd, Third Floor, (above Ministry of Children and Families offices) starting on October 2<sup>nd</sup>. We run Tuesday evenings from 6:30 to 8:30 p.m. Facilitators this year are Mike Schmalz who has 4 years of experience with us, and Beth Diprose who has been a manager at BGCVic for 5 years.

Program fees are on a sliding scale so that no parent is denied due to their financial circumstances. We propose \$45 for a single person and \$65 for a couple. And you get to keep the binder or book we use.

98% of our participants report they have increased parenting skills as a result of our programs!

Comments from participants, *“It was great to share with others and to learn that I’m not alone!”*

*“Excellent! Thank you! I completely changed my relationship with my teenagers!”*

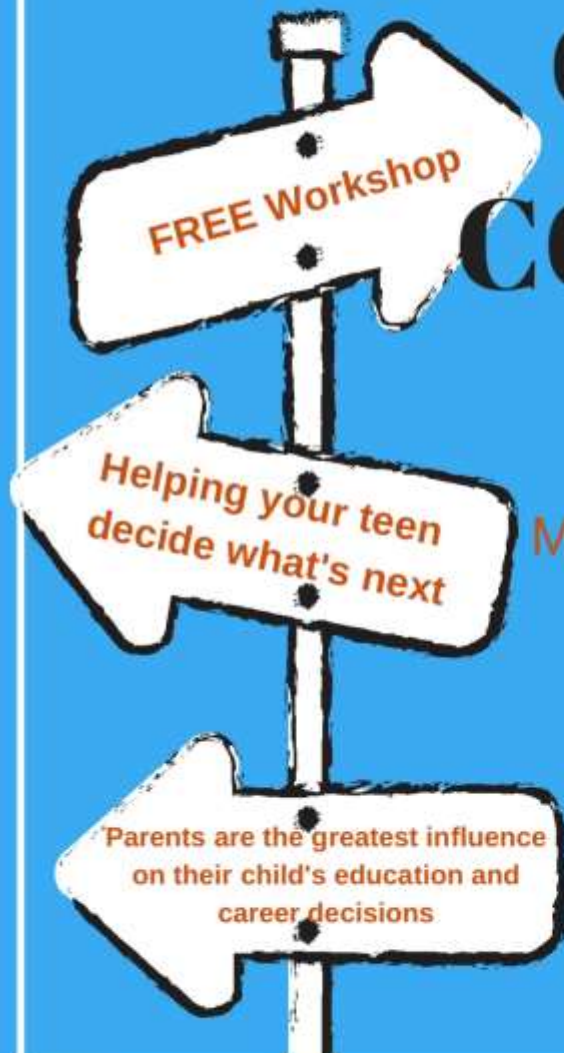
For more information or to register call Mike at 250 384 9133 ext. 222, or Beth at 250 384 9133 ext. 204.

***We are a Scent Aware Environment - please remind your students to not wear scented products to school.***

***For more information please visit our school website at <https://esquimalt.sd61.bc.ca>***

Registration Required:  
<http://evite.me/CAGhqf67tV>

# PARENTS AS CAREER COACHES



Marion Haythorne

Monday, Oct 22nd, 2018  
Richmond Elementary  
6:30-9:30pm

Contact Lindsay Johnson:  
250-475-4182 (ljohnson@sd61.bc.ca)  
for more information

Pathways & Partnerships

