



PARENT DOCKER

January 21-25, 2019

Monday, Jan. 21	Regular Classes	
Tuesday, Jan. 22	Copernican Day: A&C blocks 9-11 a.m./1-3 p.m.	
Wednesday, Jan. 23	Copernican Day: B&D blocks 9-11 a.m./1-3 p.m.	
Thursday, Jan. 24	No Regular Classes Numeracy Exam Gr. 11 Last Names: A-M 9-11 a.m. Numeracy Exam Gr. 12 1-3 p.m. English 12 Provincial Exam 9a.m.-12 p.m.	As posted at main stairwell As posted at main stairwell Gym
Friday, Jan. 25	No Regular Classes Numeracy Exam Gr. 11 Last Names: O-Z 9-11a.m. Communications 12 Provincial Exam 9-12 a.m. Drop-In Ice Hockey	As posted at main stairwell Room 322 Esquimalt Recreation

MARK YOUR CALENDARS

Jan. 28 - Start of Semester 2
Feb. 1 - Report Cards distributed in TA at 1:50 p.m.
Feb. 7 - Careers Info Night
Feb. 8 - Music Program Mosaic & Silent Auction, 7p.m. Esquimalt Theatre
Feb. 12&13 - Amazing Mesmer hypnotist show
Feb. 13 - CORE Day
Feb. 15 - Pro-D Day
Feb. 15-17 Canadian Improv Games
Feb. 17-28 - Course Selection process for 2019-20 school year
Feb. 18 - Family Day Stat
Feb. 23 - Choir Collaboration (Belmont Secondary)
Feb. 26 - Grade 9-11 Math Contest
Feb. 27 - Pink Shirt Day

❖ NUMERACY EXAMS

Numeracy exams will be January 24th and 25th for grade 11 students completing a Math 11 course in January 2019 and for grade 12s who did not write the assessment last school year. A list of students signed up to write the assessment and the session they will sit is posted across from the main stairs.

❖ LIBRARY AND TEXT BOOKS

As the semester ends, please remind your student(s) to return all library and textbooks to the library as soon as possible so that they can be redistributed to others for second semester courses. Thank you!

❖ SUBSTANCE USE SNAPSHOT

This month's Substance Use SNAPSHOT focuses on **Recreational Use vs Addiction** and includes information and resources to consider. If you wish to view the SNAPSHOT, click on the link provided below.

[Substance Use Snapshot – Recreational Substance Use vs Addiction January 2019](#)

❖ JANUARY 24 & 25 NO SCHEDULED CLASSES

On January 24/25 the school is open but there are no scheduled classes. The only students who are required to attend on January 24/25 are those writing a numeracy assessment or a provincial examination (generally only the Grade 12s). Students needing to complete assignments or missed tests may make arrangements to do so directly with their teachers.

❖ **ATTENTION MEMBERS OF THE ESQUIMALT HIGH COMMUNITY:**

Esquimalt High is looking for you or someone you know. We are organizing a mock interview day for our grade 10 students. Our goal is to bring in businesses and members of our community to conduct one-on-one job interviews with our students. The interviewers will have the opportunity to give written feedback so that students can improve their skills in this very important employment exercise. Even though this is a mock interview, students will arrive prepared with resumes and in some cases cover letters. We will be running interviews on Thursday, Feb. 21st and Thursday, Feb. 28th from 8:30 a.m. to 1:45 p.m. We appreciate everyone is busy, but it would be great if you could spare a few hours on one of these days.

If you are interested in interviewing students on either Feb 21 or Feb 28, please email Tarra Clarke, tclarke@sd61.bc.ca and let her know which time slots you are available for.

Slot 1	Slot 2	Slot 3
8:30~ 9:45am	10:15 - 11:40am	12:30 - 150pm

Please feel free to pass this on to any employers you think might be interested. We hope to hear from you soon! Your Careers Team

Also -- see the attached posters for a few remarkable student opportunities that are coming up in February. Applications are available in the office and are due by Feb 06th.

❖ **2019 VANCOUVER ISLAND PARENT CONFERENCE**

Registration for the 2019 Vancouver Island Parent Conference is now open at <http://vipc.ca/register>.

12th ANNUAL 2019 VANCOUVER ISLAND PARENT CONFERENCE
CHANGE: IT'S HERE TO STAY

Saturday March 2, 2019
8:30 am to 4:00 pm

Belmont Secondary School
3041 Langford Lake Road in Langford

workshops & education on
RESILIENCE • EDUCATION • THE BRAIN • RELATIONSHIPS • SEXUALITY • TECHNOLOGY • ANXIETY

FEATURED SPEAKERS

ALYSON SCHAFER
 Alyson is the international bestselling author of three parenting books: *Breaking the Good Mom Myth*, *Honey, I Wrecked the Kids*, and *Ain't Misbehavin'*. She has also been interviewed by publications such as *Entrepreneur*, *Real Simple*, *Parent Magazine*, *Reader's Digest*, *Canadian Family*, *On Duty*, *Canadian Living*, *The Toronto Star*, *The Globe and Mail*, and *Wired*. She was also on *Today* and *Good Morning* *Canada*.
www.alysonschafer.com

ANN DOUGLAS
 Ann Douglas speaks conversations that matter about parenting. She is the national parenting columnist for CBC Radio and the creator of Canada's bestselling series of pregnancy and parenting books, *The Mother of All Books*. In 2019, she will be releasing a brand new book -- *Happy Kids* -- and launching an online school for parents.
www.anndouglas.ca

Registration: \$100 includes lunch and refreshments.
 Registration deadline is Feb 17. Early bird rate: \$75 if registered by Feb 3.
 For info updates or to register visit www.vipc.ca or email: info@vipc.ca

PRESENTED BY DISTRICT PARENTS' ADVISORY COUNCILS OF GREATER VICTORIA & SOOKE

❖ **FREE DROP-IN ICE HOCKEY FOR ESQUIMALT STUDENTS**



Come join in the fun at Esquimalt Recreation Centre this coming Friday, January 25th. This free event is offered to Esquimalt students from 2:00-3:20 p.m. For additional information contact Ross Smith at ross.smith@vicpd.ca.

❖ **ATTENDANCE**

Regular attendance is absolutely necessary for success at Esquimalt High School. Please call 250-382-9223 to leave a message on the 24 hour voice mail, or send an email to esquimalt@sd61.bc.ca if your student will be absent from school.



❖ **GRAD PHOTO RETAKES AND PROOFS**

Grad photo retakes can be booked online www.lifetouch.ca/victoria or by calling 250-744-4100. Proofs from the first grad photo sitting have arrived and are at the office ready for pickup.

❖ **RAFT (REDUCING ANXIETY FOR TEENS)**

6-week facilitated support group for teens experiencing anxiety to find skills and strategies, and meet other youth.

Thursdays, February 7 to March 14, 2019 from 3:30-5:00 p.m.

Royal Oak Neighbourhood House, 4525 West Saanich Rd.

Registration required, please call 250-360-1148 or email admin@snplace.org

ROYALS HOCKEY TICKETS

Support the Atom Smashers by purchasing tickets to a game: February 1st (ECO night) and February 23 (Pink in the Rink) tickets are \$13.50 each. Contact Tina O'Keeffe @ tokeeffe@sd61.bc.ca for information.