



PARENT DOCKER
September 16-20, 2019

Monday, Sept. 16		
Tuesday, Sept. 17	Fire Drill, Block C – will be rescheduled in October PAC Meeting, 6:45 p.m.	Staffroom
Wednesday, Sept. 18	Collaboration Day, Friday Schedule Pizza Lunch for students in Challenge Program	
Thursday, Sept. 19	Careers Workshop blocks C&D for ALL Grade 10s	
Friday, Sept. 20	School Photo Day	Cafeteria

MARK YOUR CALENDARS

Sept. 23 - Non-Instructional Day
Sept. 24 - Non-Instructional Day
Sept. 26 - Challenge Program: Grade 9 Retreat
Sept. 30 - Orange Shirt Day
Oct. 3 - Assembly for Challenge Students, Block TBD
Oct. 8 - PAC Meeting, 6:45 p.m.
Oct. 9 – Collaboration Day, Friday Schedule
Oct. 11 – ESQ Band Instrument Masterclass & Clinic 4-7 p.m.

❖ **PHOTO DAY**

Photo day is coming to ESQ on Friday, September 20th. Students will be photographed and images will be sent home. At that time you can review and purchase. Please remind your child that ALL students should have their photo taken even if you are not ordering a package; photos are used for student id cards and our school year book. If you child is absent there will be a photo retake day on October 18th.

❖ **STUDENT FORMS AND FEES**

Please complete and return the many forms that were given to your child during the first few days of school - we appreciate your diligence. Students and parents can come to the office to pay student fees by cheque or cash. Alternatively, fees can be paid online. It's a convenient and secure method to pay your child's fees by credit card. You can use this method by going to our school website <https://esquimalt.sd61.bc.ca/> where you will find the 'online fee payments' icon on the left side of the homepage, then select 'get started now' to register.

❖ **ANXIETY – PRACTICAL STRATEGIES FOR CHILDREN AND YOUTH**

Do you have an anxious child? Not sure how to best help them? Maybe a podcast might interest you. Meet Tracy, a parent of two children who are living with anxiety, and Dr. Sandra Clark, A clinical psychologist specializing in child and youth anxiety. Together they explore common symptoms and effective strategies to support anxious children and youth, particularly during this time of heading back-to-school.

<http://secure.campaigner.com/csb/Public/show/f66d-1c1xp3--m2qyh-a3t1n727>

❖ **FAMILY SMART WORKSHOPS**

(1) Building Relationships Between Home and School. Thursday, September 19th, 7 pm - 9 pm What is important information about your child and how do you share this with schools.

This video and discussion afterward, will provide tips and strategies about how to build relationships between home and school thus improving communication about your child's strengths and challenges. The focus will be on elementary school-aged children.

Location: Saanich Neighbourhood Place (inside Pearkes Rec. Centre)

RSVP: <https://bit.ly/2m3rkSD>

(2) A Young Adult's Experience With Mental Wellness Tuesday, September 24, 6:30 pm - 8:30 pm
Recovery from Addiction, PTSD & Depression

EJ Weston is a School and Community Presenter for the **Stigma-Free Society** and is extremely passionate about mental health. EJ can talk openly about their experience with their mental health and

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

the effects stigma has on it. Having recovered from addictions, EJ is a person living with complex PTSD and depression, who understands the importance of asking for help.

Location: The Military Family Resource Centre

RSVP: <https://bit.ly/2NCdC4X>

(3) Need 2 Suicide Prevention Wednesday, September 25, 6:00 pm - 8:00 pm

In this presentation, we will discuss suicidality in youth and help parents understand how they can best guide their children who might be thinking or talking about suicide, and what services exist in the community.

Presenter: Liz Radermacher from NEED2 Suicide Prevention

Location: The Foundry, 818 Douglas St.

RSVP: Lisa.Tate@familysmart.ca (Space is limited for this one)

250.818.4810 604.878.3400
www.familysmart.ca



FamilySmart
 Together-Centred™

❖ **ESQUIMALT CAFETERIA MENU FOR THE COMING WEEK:**

Our Culinary Arts Program will be providing the following yummy lunch options next week:

Monday	Chicken Parmesan, herb buttered broad noodles, grilled broccolini OR Eggplant Parmesan, herb buttered broad noodles, grilled broccolini
Tuesday	Noodle Box: Korean smoked pork, red dragon sauce, baby bok choy, broccoli, rice noodles OR Smoked tofu, red dragon sauce, baby bok choy, broccoli, rice noodles
Wednesday	Chili with jalapeno corn bread OR Vegetarian chili with jalapeno corn bread
Thursday	Lasagna, Caesar salad, garlic toast OR Vegetarian Lasagna, Caesar salad, garlic toast
Friday	Pizza by the slice



❖ **ATTENDANCE**

Regular attendance is absolutely necessary for success at Esquimalt High School. Please call 250-382-9223 and 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.




❖ **VICTORIA PRIDE YOUTH LEADERSHIP COUNCIL**

The Victoria Pride Society is accepting applications. Learn more about the council by visiting the following site: [HTTPS://VICTORAPRIDESOCIETY.ORG/YOUTH-LEADERSHIP-COUNCIL/](https://victorapridesociety.org/youth-leadership-council/)

❖ **GRADE 10 CAREER LIFE EDUCATION**

A reminder that Grade 10 students will be participating in Career Life Education Activities during afternoon classes on Thursday September 19. Career Life Education is a course that is required for graduation. Prior to any Career Life session, students will report to their regular classes for attendance. We will send you regular updates in the Docker about upcoming Career Life sessions. ***Don't forget to follow #esqcareers for information and updates. If you have any questions, feel free to contact Ken Henderson at khenderson@sd61.bc.ca

*Grade 10 Career Life Education
 September 19, 2019
 BLOCKS C & D*

<p>What is Dual Credit?</p> 	<p>1 Double Credits</p> <p>Credits at a High School & Post-Secondary Institution</p> <p>2 Free Tuition</p> <p>School District 61 covers the tuition!</p> <p>Three presenters speaking about Trade and NON- Trade Dual Credits and ways to Explore them!</p>	<p>"Who am I" assessments in MY BLUEPRINT</p> <ul style="list-style-type: none"> • Learning Styles • Personality • Interests • Knowledge • Motivations <p>WHAT IS MY BLUEPRINT?</p> <ul style="list-style-type: none"> • An Education/Career Life planning program for grades 7 - 12 • Provides tools to assist students in their decisions about the future • Teacher, Student and Parent accounts available
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