



**PARENT DOCKER**  
Feb. 17 – Feb. 21, 2020

Monday, Feb. 17	Family Day	Stat Holiday
Tuesday, Feb. 18		
Wednesday, Feb. 19		
Thursday, Feb. 20		
Friday, Feb. 21		

**Mark Your Calendar:**

Feb. 26- Pink Shirt Day

March 5 - Parent Teacher Conferences (Modified Bell Schedule)

March 6 – TGIF Improv

March 10 – PAC Meeting at 6.45 pm

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

**Culinary Program**

<i>Monday Feb. 17</i>	Family Day Stat Holiday
<i>Tuesday Feb. 18</i>	Mac and cheese
<i>Wednesday Feb. 19</i>	Fish cakes
<i>Thursday Feb. 20</i>	Pork tacos
<i>Friday Feb. 21</i>	Pizza by the Slice: Cash Sales Only

**2020-2021 Course Selection**

Counsellors will be visiting classes this week and next to complete course selection forms with students. Parents and guardians are encouraged to discuss course selection with their students.

Course selection forms must be submitted to the office before Friday, March 13<sup>th</sup> 2020. Information is available at <http://esquimaltcourses.sd61.bc.ca>

# GRADE 10's

## Career Life Education Workshop

### FEBRUARY 20, 2020

Grade 10's will **NOT** be attending their regular scheduled classes

# BLOCK B,C,D

STUDENTS PLEASE FOLLOW THE BELOW SCHEDULE!

## ATTENDANCE IS MANDATORY

At the beginning of Blocks B,C & D Please report to your regularly scheduled class to take attendance

	Last Name <b>A - G</b>	Last Name <b>H - N</b>	Last Name <b>O - Z</b>
BLOCK B	LIBRARY	LOWER CAFE	THEATRE
BLOCK C	THEATRE	LIBRARY	LOWER CAFE
BLOCK D	LOWER CAFE	THEATRE	LIBRARY

LOWER CAFE

Shasta

Alive After Five  
Workplace Safety



BC FED Health & Safety Centre

THEATRE

Colleen  
Woodger

ICBC  
Driver Licencing



Library

Patricia  
Obee

Learning through loss  
Emotional Safety





To access this month's SNAPSHOT click on the following link:

[Secondary Snapshot Opioids and Fentanyl -February 2020](#)

**Inside:**

- What is an Opioid?
- Signs of an Opioid Overdose
- Harm Reduction Strategies
- The difference between Fentanyl and Carfentanil and more!



## **Good Luck to the Senior Improv Team!**

The Esquimalt Acting Troupe Senior Improv team competes at the Canadian Improv Games this Saturday for semi-finals at G.P. Vanier Secondary in Courtenay. If they advance to finals, they will perform on Sunday.

*We'll keep you posted!*



## **Esquimalt Music is Selling Royals Tickets**

Esquimalt Music is selling Royals tickets for the **Friday Jan. 10<sup>th</sup>** , **Saturday Feb. 8<sup>th</sup>** and **Sunday March 1<sup>st</sup>** games.

Please email Jenn Treble at: [jtreble@sd61.bc.ca](mailto:jtreble@sd61.bc.ca) to reserve your tickets today.

Thank you for supporting the Esquimalt Music Program!



**VICTORIA ROYALS  
HOCKEY TICKETS  
AVAILABLE  
FEB 21  
FEB 22  
MAR 14**

**\$14 each**

Contact:  
tokeeffe@sd61.bc.ca  
or 250-818-5218  
for tickets or more  
information

Proceeds go directly to  
support the Esquimalt  
High School robotics team  
The Atom Smashers  
FRC team 7287

**Help support our  
robotics team  
&  
cheer on the  
Victoria Royals**







## Public Service Announcement

### Bentinck Island Range

07 February 2020 – Esquimalt, B.C. – Department of National Defence/ Royal Canadian Navy

The land based demolition range at Bentinck Island will be in use 9 a.m. to 4 p.m. daily from Friday 14 February to Monday 24 February 2020.

Bentinck Island is located near Race Rocks in the Strait of Juan de Fuca. Used as a terrestrial demolition range by the Canadian Armed Forces, local residents will likely be unaware of the activities except on days when environmental conditions such as temperature, humidity and wind direction affect how far the sound will travel.

Numerous studies have been conducted on the potential environmental effects of Bentinck Island demolitions. Specifically, blast noise in the marine environment during land based demolitions is almost undetectable by acoustic equipment above that of other underwater background sounds such as waves and marine life.

The public is reminded that no unauthorized person may enter this area and trespassing is prohibited.

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### Media Contacts

Canadian Forces Base Esquimalt Public Affairs

**Phone:** 250-363-7060

**Email:** [cfbesquimalt@outlook.com](mailto:cfbesquimalt@outlook.com)

**After Hours:** 250-888-6775