



Esquimalt Parent and Student Docker

Week of Oct. 11th – 15th

Mon. Oct. 11 th	Thanksgiving	
Tues. Oct. 12 th	PAC Meeting	
Wed. Oct. 13 th	Staff Collab & Capstone Meetings – NO FOCUS BLOCK Booking opens for P/T Interviews	Students dismissed at 2:27 unless staying for a Capstone meeting
Thurs. Oct. 14 th		
Fri. Oct. 15 th		

Save the Date:



- Wed. Oct. 20th – Parent/Teacher Interviews 4-6pm
- Thurs. Oct. 21st – Great BC Shakeout
- Fri. Oct. 22nd – Pro-D

Please look at the attached recent updates for Communicable Disease Protocol in schools. This includes language regarding proof of vaccination in schools which may be of particular interest.

Parent-Teacher Interviews

Mark your calendar – Interviews will be on Wednesday, October 20th. Booking will open Wednesday, October 13th and close at noon on Tuesday, October 19th.

Due to changes in Zoom licensing interviews will be via phone call. Students will be dismissed at 2:16 pm. We will send out a reminder and written instructions for booking your interviews on Tuesday, October 12th. In the meantime, you can [watch this helpful video](#) for a step-by-step tutorial.

Grade 12 - Capstone Project News and Updates

1. **Oct 13th** is YOUR CHECK IN! Check In Assignment is posted to your GRAD 2022 Google Classroom. You will be meeting with your Capstone Coach on **Oct 13th** and we have made appointments for you between **2:30 pm - 3:30 pm**. Please look in the main foyer or Google Classroom for your scheduled appointment time and location.
2. Save the DATE: Capstone Gala will be May 11th, 2022 from 3:00 pm - 6:00 pm
3. **Need HELP!!!!?** Find support in FOCUS BLOCK - Room 203

*****Just a reminder that the Capstone Project and Gala presentation in May are graduation requirements**

Student Forms and Permissions **AND PHOTOS**

NEW – while we thought the Blanket Field Trip form was going to be on the Student Connect Portal, it turns out it will not. We have sent a copy of the form home to be signed. Please sign and return to Block B teachers.

Students who had their photos taken in September received their proofs this week. If you missed your photo or need a retake they take place on OCTOBER 27th.

Submissions Requested: Virtual Remembrance Day Ceremony - Wednesday, November 10th.

Once again this year, we will be preparing a virtual **Remembrance Day Ceremony** that will be shared with our school community in Block B on Wednesday, November 10th. We invite all Esquimalt High School families and staff to share photos of family members who have served, and/or are continuing to serve our country. Please include details of service along with photos.

All submissions can be sent to sgarr@sd61.bc.ca

Homestay Opportunity

Our District International program is looking for homestay families. Please see the attached flyer for more information.

Cafeteria Cards

Cafeteria cards will be available for purchase through School Cash Online beginning Sept. 20th. Students are able to use cash or cafeteria cards to purchase food. Cafeteria cards will be ready for pick up one day after purchase.

Postsecondary Virtual Visits and Information

All students, guardians and parents are invited to sign up for school-specific postsecondary information that is emailed throughout the year. Usually, this is something that Grade 11 and 12 students are advised to do, although younger students are welcomed to sign up, as well.

The process is simple:

1. [Fill in the Google Form and select the schools of interest.](#) Pick as many or as few as you like.
2. Mrs. Bjornson will forward Zoom links to the schools' virtual visits from the recruiters and the updates that the schools send out throughout the school year.
3. You can opt out at any time by sending Mrs. B an email to be removed from any of the schools you listed.

Upcoming virtual visits:

1. **UBC:** October 13, Wednesday, 7 pm
2. **University of Toronto:** TBA--- 7:30 pm on either October 18 or 21

For students looking at ANY OTHER school in BC, please register for the [Postsecondary BC Virtual Open House](#) and learn more about any college or university in the province. One program gives all of its students a Season's Pass to the local ski hill--- find out which one! Also, VIU has many unique programs in both academic and trades. [VIU has many scholarship opportunities](#), as well. Be close to home, yet also away from home. 😊

Lastly, any Grade 12 student who is even considering a Camosun pathway should apply for their program right away. With the exception to Nursing, their programs fill on a "first come, first serve basis". Being accepted does not mean that you need to go to Camosun. It merely saves you a spot to keep it as an option for next year. Last year, it cost \$40 to apply and about 15 minutes of time. [Apply today!](#)

Cafeteria Menu

Week of Oct 11 - 15

MON – Thanksgiving

TUES - buttermilk fried chicken and waffles, kimchi, sriracha maple glaze or buttermilk fried cauliflower and waffles, kimchi, sriracha maple glaze

WED - lamb Kofta, harissa yogurt, jeweled rice or vegetable kabobs, harissa yogurt, jeweled rice

THURS - seared albacore tuna, sushi bowl, cucumber, avocado, pickled ginger, nori, wasabi vinaigrette also available with tempura yam (vegetarian)

FRI - Chili cheese smokies , vegetarian or pork

October 2021 Snapshot

Secondary – Teens and Substance Use



New Student Group

We will be offering a new CBT based group for our students who struggle with mild anxiety or symptoms of depression. It is called Living Life to The Full and it is CMHA's flagship program. All costs will be covered by our local CMHA branch, and Laurel, our Youth and Family counsellor, will be facilitating the group.

It will start October 14th and run for 8 weeks in class time one block a week. Reach out to Laurel or one of the admin. team if you would like to sign up.

Poster attached to this email for more information.

NEXT PARENTS' MEETING: *Tuesday, October 12 @ 6:45pm*

All parents, guardians and caregivers of a student at Esquimalt High are welcome to attend the next PAC meeting. We will be joined by our Vice Principals, Sarah Garr and Vicki Roberts. Bring your comments, concerns and questions!

by Zoom

<https://us02web.zoom.us/j/5875682399?pwd=V0t6VFFjdGQxTXdyMDBLVE1kY3laQT09>

Meeting ID: 587 568 2399

Passcode: aThNu2

by Phone

+1 778 907 2071 Canada

Meeting ID: 587 568 2399

Passcode: 570728

Find, attached, the *Agenda* for this October PAC meeting as well as the *Draft Minutes* from the September meeting. All approved meeting minutes are available on the school website, at <https://esquimalt.sd61.bc.ca/parent-info/pac-minutes/>

