



Esquimalt Parent & Student Docker

Oct. 3rd – Oct. 7th

"Every moment is a fresh beginning"

Happy October!

Mon. Oct. 3 rd		
Tues. Oct. 4 th	Canadian Universities Event @ Oak Bay HS	Bus leaves ESQ 10:15 am
Wed. Oct. 5 th	Focus Block Students Dismissed at 3:16 pm	1:19 to 2:05 pm
Thurs. Oct. 6 th		
Fri. Oct. 7 th	Grade 9 Challenge Retreat	



Save the Date

October 9th: Living Life to the Full (see below)
 October 10th: Thanksgiving Stat
 October 12th: Early Dismissal at 2:27 pm
 October 14th: ESQ Band Instrument Masterclass & Clinic
 Evening 4-7 pm
 October 19th: Parent Teacher Interviews
 October 19th: PAC Meeting 6:45 at Esquimalt
 October 21st: Professional Development Day

If your student didn't bring home a **Student Verification Form** and a **Field Trip Form** please have them come to the office for these forms.

Canadian Universities Event

On **Tuesday October 4, 2022** Esquimalt High School will be taking interested students to the **Canadian Universities Event (CUE)** at Oak Bay High School. This event hosts representatives from most of the major universities across Canada and provides students with an opportunity to explore their post-secondary options.

Bus leaves ESQ: **10:15am**

Bus Leaves Oak Bay High: **11:30am**

Students who attend this event will miss their BLOCK B class and are responsible for connecting with their teacher.

The event is open to grade 10 -12 students, but priority is reserved for those students in grade 11 & 12. Interested Students sign up at [Bit.ly/esqcue2022](https://bit.ly/esqcue2022) or see Tarra in the counselling area



Masks, COVID-19, and Daily Health Checks

At the moment, wearing a mask or face covering is not required as per the School District Communicable Disease Prevention Plan. The decision to wear a mask or face covering is a personal choice for staff, students, and visitors. We will continue to be respectful, supportive, inclusive, and mindful of all individuals' personal choices and comfort levels. Please visit <https://www.sd61.bc.ca/covid-19/> for the most up to date health checks, regulations, and plans. We will provide any new information as it transpires.

PAC Parent Advisory Council Update:

The next PAC meeting will be Wednesday, October 19th at 6:45 AT THE SCHOOL!
All parents and guardians are welcome to attend.

October 15th is the day to vote for SCHOOL BOARD TRUSTEES! There are 33 candidates for 9 spots. Please do your research and vote! Trustees play an important role in your child's education and the working environment of the school. You can read about the candidates by visiting <https://www.vcpac.ca/trustee-election/>.

There will also be two all candidate forums:

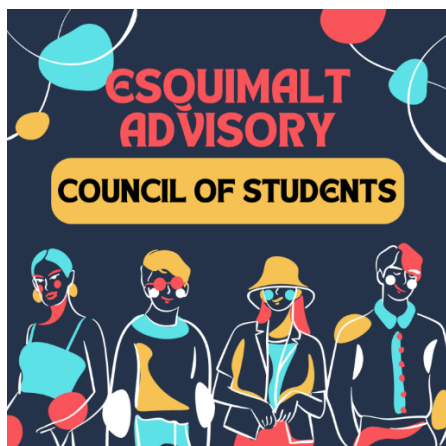
1) In-Person Meet the Candidates Forum

Featuring small group discussions
October 6, 2022, 6:30 - 8:30 pm
Vic High (SJ Willis) Gymnasium
923 Topaz Avenue

2) Online All-Candidates Meeting

Featuring small group discussions
October 12, 2022, 6:30 - 8:00 pm
on Zoom
Pre-registration is required by emailing
president@vcpac.ca

NEW Esquimalt Advisory Council of Students



Are you interested in sharing your voice, input and perspective on initiatives and programs that are offered at Esquimalt? Would you like an opportunity to share your experiences as a student? We are looking for students who would like to join a NEW Esquimalt High School Advisory Council of Students for the 2022-2023 school year. All grades are welcome, and no prior experience is needed. We are looking for students with diverse backgrounds, interests and experiences. Please contact Ms. Garr (by email or drop by the office) by Monday October 3rd if you are interested in this opportunity to share your voice!

Senior Boys Soccer:

The Senior Boys soccer team plays Mount Doug on Tuesday the 4th at BULLEN PARK



1. Thank you to those students who joined our student panel at last week's Pro D - "Sharing Our Stories - Educating With Equity". We are grateful for your insights, perspectives and ideas as we continue to make Esquimalt High School a safe, inclusive and welcoming community for all.
2. Congratulations to all of our student athletes (and thank you to our coaches) who have joined our fall teams!

Cafeteria: For those of you paying with cash - prices have been updated and lunch is now \$7.00. Students can purchase a Café Card through their accounts on School Cash Online.

CAFETERIA MENU – Oct. 3 rd TO Oct. 7 th	
Monday	Beef stroganoff over pappardelle or wild mushroom stroganoff over papardelle
Tuesday	Chicken tinga taco, salsa verde, pickled cabbage or pulled jack fruit taco, picante salsa and pickled cabbage
Wednesday	stuffed poblano peppers, ground pork, rice, cheese, diablo sauce, also available vegetarian
Thursday	ginger beef stir fry over rice also available with tofu
Friday	battered cod burger, house made tartar, pickled onions, arugula, or falafel burger, herb aioli, pickled onions, arugula

Plant Trees and Meet Community with the Greater Victoria Green Team!



You are invited to our upcoming [Tree Planting and invasive species removal at Saxe Point Park on October 1!](#)

The Greater Victoria Green Team, Township of Esquimalt and TD Tree Days are joining efforts to plant close to 200 native trees and shrubs, as well as remove invasive plants like English Ivy from Saxe Point Park. See attached

On Saturday, October 1, we will be restoring habitat in the forest by removing invasive species like English Ivy

and planting trees! [Event RSVP and further details can be found on our Meetup group website HERE](#)

[\(bit.ly/GVGTEsquimaltTrees\)](#)

NO EXPERIENCE NECESSARY. All ages and abilities are welcome. Instruction, gloves, tools and refreshments are provided.

Living Life to the Full:

Living Life to the full is a mental health promotion program through the Canadian Mental Health Association and it is for everyone! Whether you are just curious or are dealing with stress, you can benefit from the tools the program offers. Group-based and led by a youth-certified facilitator, Laurel MacKay, it equips youth 13-18 with the skills they need to face challenges in life and become more resilient. The course includes fun activities and group challenges to help youth practice and develop their skills. Group will run at Esquimalt high weekly starting **October 9th** during a block that works best for participants, and it is FREE!

Please contact Laurel at lmackay@sd61.bc.ca with questions or to sign up.

School 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 if your student will be absent from school. Unexcused absences will affect achievement and excessive absenteeism may result in the student being withdrawn from courses.

<u>Out of Timetable Blocks</u>	
F	Mon. Before School
G	Tues. Before School
H	Wed. Before School
J	Thurs. Before School
K	Fri. Before School
L	Mon. at Lunch
M	Tues. at Lunch
N	Wed. at Lunch
P	Thurs. at Lunch
Q	Fri. at Lunch
R	Mon. after School
S	Tues. after School
T	Wed. after School
U	Thurs. after School
V	Fri. after School





GRAD 2023 GOOGLE CLASSROOMS

Join both GCs ASAP!

GRAD 2023:
tnw4oji

Scholarship & Postsecondary Info:
kv4ie7d

Join both GCs ASAP!