

# Esquimalt Parent & Student Docker November 20<sup>th</sup> – November 24<sup>th</sup>

# Quam Víderí - "to be rather than to seem"

| Mon Nov. 20 <sup>th</sup>    | Professional Development Day No Scheduled Classes   |                      |
|------------------------------|---|----------------------|
| Tues Nov. 21 <sup>st</sup>   | Youth Clinic (Medical room door outside the office) | 11:30 to 2pm         |
| Wed. Nov. 22 <sup>nd</sup>   | Vocal Masterclass in Music Room                     | 4:30 – 6pm           |
| Thurs. Nov. 23 <sup>rd</sup> | Esquimalt Fire & Rescue Opportunity Applications    | Due Today            |
| Fri. Nov. 24 <sup>th</sup>   | Post-Secondary Day<br>Report Cards Distributed      | See below<br>B Block |



## Save the Date

Nov. 27<sup>th</sup> – Next PAC Meeting Nov. 30<sup>th</sup> – Lockdown Drill 10:30am Dec. 5<sup>th</sup> - Winter Music Concert Part 1 (7 pm) Theatre Dec. 7<sup>th</sup> – Winter Music Concert Part 2 (7pm) Theatre Dec. 8<sup>th</sup> - TGIF Improv Theatre

### ESQUIMALT HIGH SCHOOL'S

10TH ANNUAL GINGERBREAD HOUSE SALE FUNDRAISER

BROUGHT TO YOU BY THE CULINARY PROGRAM PROCEEDS GO TO CFAX SANTA'S ANONYMOUS

HOUSE KITS \$15.00 EACH

ORDER AT <u>HTTPS://BIT.LY/ESQGINGERBREAD23</u>



ORDER DEADLINE DECEMBER 3, 2023





# Esquimalt High School

847 Colville Road, Victoria, B.C. V9A 4N9

phone 382-9226 fax 361-1263 esquimatt@sd61.bc.ca

November, 2023

Dear Parents/Guardians,

On Thursday, November 30th, at approximately the start of Block B at 10:30am, Esquimalt High will be conducting a lockdown drill.

Lockdowns occur when there is a perceived threat to the safety of students or staff, usually by an intruder who has or is thought to have a weapon. Our Superintendent has requested that all schools in the district conduct a lockdown drill each year.

We are currently going through a process to prepare for this drill. Teachers will be informing students and answering any questions they may have about the drill and lockdown procedures. Administrators are also available to answer questions.

The drill will last approximately one hour. An administrator will come on the P.A. system and say, "Attention, this is Mr./Mrs. \_\_\_\_\_\_\_ speaking. This is a lockdown drill. I repeat, this is just a drill. Lockdown."

At this time, teachers will go to their doors, check hallways for students and if necessary direct them inside. Doors will be closed and locked, window blinds closed and students will be instructed to remain quiet, out of sight and off electronic devices. The expectation is that students take the drill as seriously as they would a fire or earthquake drill.

If during the drill, students find themselves in a hallway, they are to go quickly to the nearest washroom. If in the washroom, they should remain there, shut the door and lock it if possible, then get in a cubicle and raise their feet. Students in the gym area will be instructed by a teacher to go to an equipment storage room, the weight room, or a change room. For the purposes of the drill, any students outside, such as a PE class will assemble at the far end of the field.

The administration and officers from the Victoria Police Department will spend 30-45 minutes inspecting the halls and grounds to assess the lockdown response. Administration and police officers will go door to door to end the lockdown drill.

Please discuss this with your child(ren). If you have any questions or concerns about the drill or lockdown procedure, please call one of the school administrators at 250-382-9226.

Sincerely,

Jared adama

Jared Adams Vice-Principal

#### **CAREERS:**



BC Post Secondary representatives from Colleges, Universities & Technical Institutes will be at ESQ to answer questions about programs and admissions.



# **MINI FAIR** Friday November 24, 2023

Students will attend with their Block D teachers, time TBD

- Camosun College
- Douglas College
- Capilano University
- North Island College
- University of Victoria
- Royal Roads University
- Simon Fraser University
- College of New Caledonia
- Vancouver Island University
- Thompson Rivers University
- Canadian Coast Guard College
- University of Northern British Columbia
- British Columbia Institute of Technology
- Canadian Forces: Royal Military College

# <u>Attention</u> <u>GRADE 11 & 12's - sign up bit.ly/esqpsi2023</u>

Post-Secondary BC (PSIB) is coming to Esquimalt! Representatives from colleges, Universities & Technical Institutes will be at ESQ to answer questions about programs and admissions.

#### Mini Fair

13 different post-secondary schools will be set up in our Theatre Hallway

• Friday November 24, 2023 during Block D

#### **Admission Presentations:**

During Wednesday Focus Block on:

- November 29 UVIC
- December 06 Camosun

#### POLICE CAMP

Have you been considering a career in police services? Spring Break | March 16 - 23, 2024

#### 8 day leadership program for students in Grade 10-12

- Leadership development
- Daily physical training
- Day and night police scenario simulations
- Social responsibility and life skills

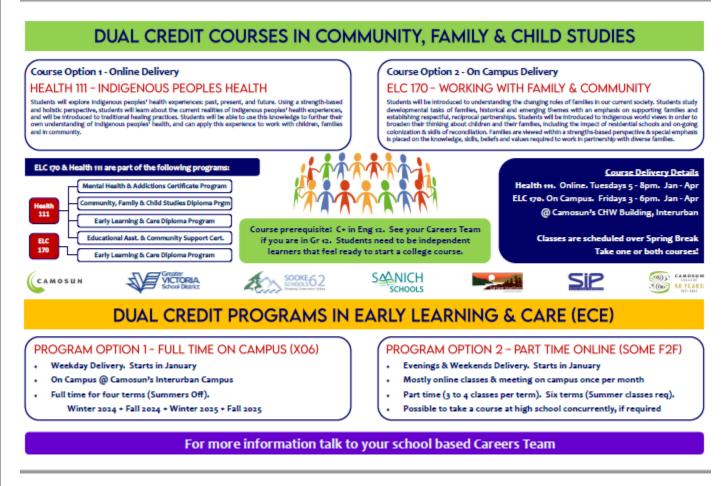
#### APPLICATIONS DUE BY December 01, 2023

Applicant interviews will be held the second week of January 2024

Questions or to apply see ESQ Careers: Ken Henderson khenderson@sd61.bc.ca or Tarra tclarke@sd61.bc.ca

#### **Dual Credit Opportunity - STARTS JANUARY!**

Are you interested in a Career in Early Learning & Care? ELC 170 (Face to Face) & Health 111 (Online) Both courses are outside of our regular timetable. Begin in January and wrap up in April \*To learn more about what programs ELC 170 & Health 111 are part of, see attached poster



**Questions or to apply see ESQ Careers**: Ken Henderson <u>khenderson@sd61.bc.ca</u> or Tarra tclarke@sd61.bc.ca

#### Esquimalt Fire & Rescue Springboard Opportunity

#### This event is open to grade 10 -12 students, but priority is reserved for those students in grade 11 & 12

On **Friday December 8, 2023** ESQ Careers will be taking interested students to spend the day with Esquimalt Fire & Rescue where they will have an opportunity to explore the career pathway of firefighting through interactive and hands-on activities.

**See ESQ Careers if interested** Applications Due NOVEMBER **23, 2023** ESQ Careers: Ken Henderson khenderson@sd61.bc.ca or Tarra tclarke@sd61.bc.ca

Students who attend our SPRINGBOARD on Dec 08 will have the opportunity to participate in the week long Esquimalt Fire & Rescue Spring Break camp.

Check out this video from last year's Spring Break Camp





## Located at Esquimalt High TUESDAYS @11:30AM-2:00PM

YOUTH

CLINIC

Providing Free, Confidential, Inclusive and Non-Judgmental Services •Birth Control

Immunizations

•Emergency Contraceptive •Sexually Transmitted Infection testing & treatment •Sexual decision making and relationships •Pregnancy testing and options •Naloxone kits •Free condoms and lube

# island health

#### <u>Clubs</u>

#### Weekly Meeting Info

Art Club – Thursdays @ Lunch in Room 223.
BIPOC Awareness Club – Fridays @ Lunch in Room 309.
Chess Club – Fridays @ Lunch in the Library.
GSA Club (Gender & Sexuality Alliance) – Tuesday @ Lunch in Room 211.
Improv Club - Mondays & Wednesdays, 3:30pm-5:30pm and Fridays, 2:40-4:00pm in the Theatre.
Math Club – some Thursdays @ Lunch in Room 305. Join the Google Classroom (e4yeik6) for specifics.
Not-Quite-Model UN Club – Mondays @ Lunch in Room 328.
Robotics Club – Monday, Wednesday & Thursday, 3:30pm-5:30pm in Room 221.

For more information on Clubs please visit <u>https://esquimalt.sd61.bc.ca/activities-clubs/clubs/</u>

#### X- Country and Track Runners:

Practice to start up for x-country and track runners Tuesdays and Thursdays after school. Meet in room 301. Come dressed for the weather but if it's too rainy we will hit the weight room. If any questions please email Ms. Thornber at: <a href="mailto:sthornber@sd61.bc.ca">sthornber@sd61.bc.ca</a>

#### **NOVEMBER/DECEMBER SNAPSHOT TOPIC: Parent Child Connection**

When parents are responsive and empathetic to their children's emotions it communicates to the child that their feelings are important and worthy of attention, which, in turn, strengthens the bond between parent and child. Over time, children learn to rely on their parents as a source of comfort and support, making them more likely to openly communicate and seek guidance when facing challenges or experiencing difficult emotions.

Early Learning and Elementary – <u>What to Say to Your Kids When Nothing Else Works</u> Middle – <u>The Emotional Life of Teens</u> Secondary – The Emotional Life of Teens

#### PAC UPDATES: Next Meeting November 27th

Thank you to all of the parents who attended our first PAC meeting on Tuesday Sept. 19<sup>th</sup>! Your input and energy are much appreciated. Special thanks to Krista Moffett for taking on the role of PAC President this year. Upcoming meeting will be on Mondays moving forward. Please join us on **November 27<sup>th</sup>, January 22<sup>nd</sup>, February 12<sup>th</sup>, April 22<sup>nd</sup> and May 13<sup>th</sup>. Meeting are at Esquimalt High School at 6:45pm.** 



#### Looking for an easy way to support the Esquimalt PAC?

Email <u>esquimaltPAC@gmail.com</u> to get your **reloadable card!** Info for users:

- 1. Re-load at any check out counter at all 10 Fairway Market stores on Vancouver Island.
- 2. Use any means of payment including your favourite credit card to collect points or miles.
- 3. You may re-load between \$20 and \$500 each time.
- 4. You can re-load the same card multiple times. Give the blank cards to **family & friends** so they can start reloading to help support your group.



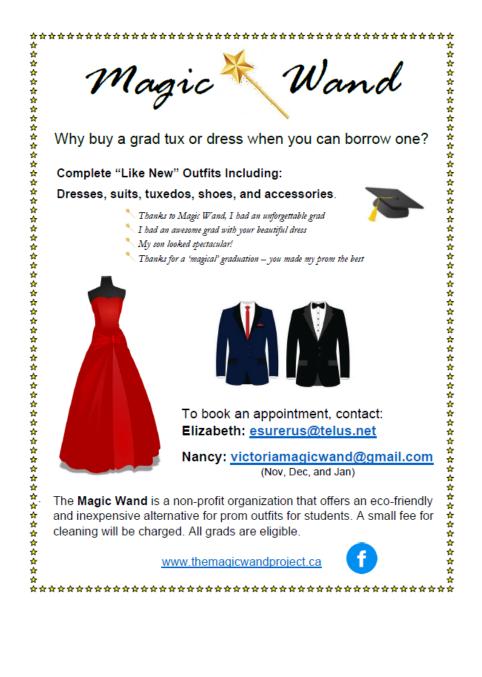
# **GRAD Information and Reminders:**

GRAD 2024 - Esquimalt High School Grade 12 Parent Info Grad Website - <u>https://sites.google.com/sd61learn.ca/esq-grad/home</u> *Coming Up:* 

December 21st - Winter Formal at the Delta Hotel, 6:30-10:30pm

## GRAD Checklist

- Pay Grad Fee \$40
- □ Student should join Grad Google Classroom **0dx4rm**
- Student should have Capstone on track



# **CAFETERIA**

| What's on the Menu?                                      |  |  |
|--|--|--|
| ESQ Café – Nov. 20 <sup>th</sup> – Nov. 24 <sup>th</sup> |  |  |

| Monday    | Professional Development Day No Scheduled Classes  |
|-----------|--|
| Tuesday   | Chimichurri flank steak taco, shredded cabbage, crème fraiche or Grilled portabella taco |
| Wednesday | French onion soup, grilled back bacon and cheese sandwich                                |
| Thursday  | 4 cheese bacon mac and cheese with potato chip crust also available vegetarian           |
| Friday    | Meatloaf with potato gratin, roasted carrots and onion gravy                             |

The cafeteria accepts cash or reloadable cafeteria card. Cafeteria cards and reloads can be purchased through School Cash Online.





Thank you to staff, students and families for a moving and powerful Remembrance Day Assembly today. Special thanks to our drummers, choir, band, special presenters and MCs, as well as to everyone who sent in photos of their loved ones who have, or are currently serving in the military.

# THIRD IN THE CITY! CONGRATULATIONS SR. BOYS VOLLEYBALL GOOD LUCK AT ISLANDS!

Bronze at City Championships!!! ☆ 窗 ☆ Well done Senior Boys Volleyball!!! Good luck at Islands!!!





Some of our students had an incredible opportunity to sail from CFB Esquimalt to the Vancouver Inner Harbour today! The Canadian Students at Sea program provides students with an understanding of the Royal Canadian Navy through a hands-on, fully immersive experience, both at sea and ashore. Huge thanks to HMCS Edmonton Crew for an amazing day at sea!