



# Esquimalt Parent & Student Docker

**November 27<sup>th</sup> – December 1<sup>st</sup>**

*Quam Videri - "to be rather than to seem"*

Mon Nov. 27 <sup>th</sup>	Next PAC Meeting in All Nations Room	6:45 pm
Tues Nov. 28 <sup>th</sup>		
Wed. Nov. 29 <sup>th</sup>		
Thurs. Nov. 30 <sup>th</sup>	Lockdown Drill (see letter below)	10:30am
Fri. Dec. 1 <sup>st</sup>	Police Camp Applications due by today	



## *Save the Date*

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

**Notice to Parents:** Report cards were distributed on **Friday Nov. 24<sup>th</sup>** during B Block. If your student does not have a B Block class, please ask them to come to the office.

ESQUIMALT HIGH  
SCHOOL'S

## 10TH ANNUAL GINGERBREAD HOUSE SALE FUNDRAISER

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DECEMBER 3, 2023





# ESQUIMALT HIGH SCHOOL

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

phone 382-9226 fax 361-1263 [esquimalt@sd61.bc.ca](mailto:esquimalt@sd61.bc.ca)

FOUNDED 1913  
"ESSE QUAM VIDERI"

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 Adams  
Vice-Principal

## Esquimalt High School Culinary Arts

Esquimalt's long-running Career Preparation Program in Culinary Arts introduces students to the culinary arts profession under the guidance of Brandon Aris (M.Ed.) and accomplished pastry chef, Adrienne Crocker both of whom are also Red Seal Chefs.

Students in the program cook in a professional environment and learn hands-on cooking with fundamental service skills valued by foodservice employers.

Are you serious about cooking as a profession? Get ready to further your culinary knowledge and skills at college and sign up for Esquimalt High School's Culinary Arts Career Program!

Along with all the learning and the many projects students and staff in the program are involved in they also:

- Serve hundreds of meals each week to students at Esquimalt High School and Rockheights Middle School
- Support the community through the Santa's Anonymous Gingerbread Houses fundraiser
- Supply food on contract for special school and community events



## **Careers Update:**

Attention GRADE 11 & 12's - sign up [bit.ly/esqpsi2023](https://bit.ly/esqpsi2023)

### **UPCOMING Post-Secondary Admission Presentations:**

In the Theatre during Wednesday Focus Block on:

- **November 29** - UVIC
- **December 06** - Camosun

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## **Careers Lunch and Learn Opportunity**

On Tuesday November 28 during Lunch in Room 327 BC Ferries Recruitment Advisor, Tara Nelson will be at Esquimalt to speak with our students about opportunities with BC Ferries and the Marine Industry in general

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### **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](mailto:khenderson@sd61.bc.ca) or Tarra [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca)

### **Questions or to apply see ESQ**

#### **Careers:**

Ken Henderson [khenderson@sd61.bc.ca](mailto:khenderson@sd61.bc.ca)

or

Tarra [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca)

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## **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 27, 2023**

ESQ Careers: Ken Henderson [khenderson@sd61.bc.ca](mailto:khenderson@sd61.bc.ca) or Tarra [tclarke@sd61.bc.ca](mailto: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**



## 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 poster

## DUAL CREDIT COURSES IN COMMUNITY, FAMILY & CHILD STUDIES

### Course Option 1 - Online Delivery

#### HEALTH 111 - INDIGENOUS PEOPLES HEALTH

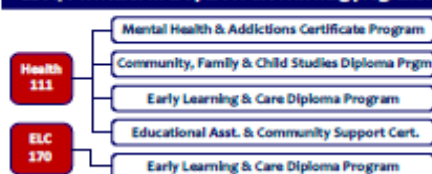
Students will explore Indigenous peoples' health experiences: past, present, and future. Using a strength-based and holistic perspective, students will learn about the current realities of Indigenous peoples' health experiences, and will be introduced to traditional healing practices. Students will be able to use this knowledge to further their own understanding of Indigenous peoples' health, and can apply this experience to work with children, families and in community.

### Course Option 2 - On Campus Delivery

#### ELC 170 - WORKING WITH FAMILY & COMMUNITY

Students will be introduced to understanding the changing roles of families in our current society. Students study developmental tasks of families, historical and emerging themes with an emphasis on supporting families and establishing respectful, reciprocal partnerships. Students will be introduced to Indigenous world views in order to broaden their thinking about children and their families, including the impact of residential schools and on-going colonization & skills of reconciliation. Families are viewed within a strength-based perspective & special emphasis is placed on the knowledge, skills, beliefs and values required to work in partnership with diverse families.

### ELC 170 & Health 111 are part of the following programs:



Course prerequisite: C+ in Eng 12. See your Careers Team if you are in Gr 12. Students need to be independent learners that feel ready to start a college course.

### Course Delivery Details

Health 111. Online. Tuesdays 5 - 8pm. Jan - Apr  
ELC 170. On Campus. Fridays 3 - 6pm. Jan - Apr  
@ Camosun's CHW Building, Interurban

Classes are scheduled over Spring Break  
Take one or both courses!



## DUAL CREDIT PROGRAMS IN EARLY LEARNING & CARE (ECE)

### PROGRAM OPTION 1 - FULL TIME ON CAMPUS (X06)

- Weekday Delivery. Starts in January
- On Campus @ Camosun's Interurban Campus
- Full time for four terms (Summers Off).  
Winter 2024 + Fall 2024 + Winter 2025 + Fall 2025

### PROGRAM OPTION 2 - PART TIME ONLINE (SOME F2F)

- Evenings & Weekends Delivery. Starts in January
- Mostly online classes & meeting on campus once per month
- Part time (3 to 4 classes per term). Six terms (Summer classes req).
- Possible to take a course at high school concurrently, if required

For more information talk to your school based Careers Team

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

## What's on the Menu? ESQ Café – Nov. 27<sup>th</sup> – Dec. 1<sup>st</sup>

<b>Monday</b>	Meatloaf beef or vegetarian with mashed potatoes, roasted carrots and onion gravy
<b>Tuesday</b>	Braised mole beef tacos or refried bean tacos
<b>Wednesday</b>	Duck confit bao buns, hoisin bbq pickled vegetables, pickled jalapeno also available in crispy tofu
<b>Thursday</b>	Cider brined pork chop, roastie potatoes, braised kale, ginger apple sauce
<b>Friday</b>	Pork spring rolls or tofu-shiitake spring rolls with veggies fried rice, house made chili plum sauce

# YOUTH CLINIC

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

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



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## WOMEN IN STEM CLUB

$a + (b+c) = (a+b)+c$   
 $V = \pi r^2 h$   
 $a + 0 = a$

**LET'S CHANGE THIS!**

Female researchers face inequalities such as less pay, less promotions and less representation

Are you thinking of pursuing a career in STEM? The ESQ Women in STEM Club was created to give support to students who are underrepresented in STEM careers. Between fundraising for charities and scholarships, raising awareness, and hosting guest speakers, the club is dedicated to creating a space that uplifts girls and gender minorities wanting to go into STEM.

Only 28% of people working in the STEM workforce are women

Only 28% of engineering graduates are women

**TUESDAYS @ LUNCH IN RM 221 FOLLOW THE INSTAGRAM FOR UPDATES**

**[esq.womeninstem](https://www.instagram.com/esq.womeninstem)**

$a+b=b+a$   
 $y=mx+b$   
 $x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$   
 $A = \frac{\sqrt{3}}{4} a^2$   
 $A = \pi r^2$   
 $A = \frac{1}{2} l w$   
 $V = l w h$   
 $V = \frac{1}{2} b h$   
 $\sin(\theta) = \frac{opp}{hyp}$   
 $\cos(\theta) = \frac{adj}{hyp}$   
 $\tan(\theta) = \frac{opp}{adj}$   
 $\frac{x}{a} + \frac{y}{b} = 1$   
 $S = \frac{d}{t}$   
 $V = \frac{4}{3} \pi r^3$   
 $A = bh$   
 $C = 2\pi r$   
 $a = \frac{v_f - v_i}{t}$   
 $M = \left( \frac{m_1 v_1}{2} + \frac{m_2 v_2}{2} \right)$

**I ♥ esq**  
ESQUIMALT HIGH SCHOOL

## **Clubs**

### ***Weekly Meeting Info***

**Art Collective/Art Club:** Thursday at lunch Room 223

**Atom Smashers ESQ Robotics:** Mondays & Wednesdays after school Room 221

**Best Buddies:** Wednesdays at lunch Room 101/310

**BIPOC Club:** Fridays at lunch Room 309

**Black Students' Union:** After school on Mondays Conference Room

**Book Club:** Tuesdays at lunch Library Learning Commons

**Ceramics Club:** After school as scheduled in the Google Classroom Art Room

**Chess Club:** Fridays at lunch Library Learning Commons

**Cross Country Club:** Mondays and Thursdays after school Room 301

**Gaming Club:** Thursdays 3:30-5:00 Library Learning Commons

**ESCAPE - Esquimalt Students Caring About Peace and the Environment:** Mondays at lunch Library Learning Commons

**Esquimalt Ink (Student Newspaper):** Wednesdays at lunch Room 325

**Esquimalt Youth for Change and Inclusion (EYCI):** Mondays at Lunch Room 327

**GSA / Gender and Sexuality Alliance:** Tuesday at Lunch Room 211

**Improv Club:** Mondays, Wednesdays, Fridays, after school Theatre

**Interact:** Thursdays at lunch Room 329

**International Perspectives club:** Wednesdays at lunch Room 217

**Math Club:** Thursday at Lunch Room 305

**Rubik's Cube Club:** Mondays at Lunch Room 305

**Student Vote:** By electoral cycle Library Learning Commons

**Science Fair Club:** Tuesdays at lunch Room 213

**Women in STEM:** Tuesdays at lunch Room 221

**Writing Club & Slam Poetry Team:** Fridays at Lunch Room 325

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

## **Athletics:**

- Our Junior Girls Volleyball Team is travelling to Surrey this week to compete in the BC Girls Volleyball BC Championships! Congratulations and good luck to our players, coaches, and volunteers travelling with the team!
- Senior Boys Volleyball Team placed second on the Island and they will be travelling to Langley for the BC Championships next week from Nov. 28<sup>th</sup> to Dec. 2nd. Good luck everyone!
- Winter sports: Basketball and Wrestling season is now under way. If any students are in need of information to join basketball or wrestling, please come see Mr. Thompson in the PE office and he will get you all the information you need to get involved.



*Mike Thompson, CCAA*

## **X- Country and Track and Field:**

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: [sthornber@sd61.bc.ca](mailto:sthornber@sd61.bc.ca)



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To book an appointment, contact:

**Elizabeth:** [esurerus@telus.net](mailto:esurerus@telus.net)

**Nancy:** [victoriamicwand@gmail.com](mailto:victoriamicwand@gmail.com)  
(Nov, Dec, and Jan)

The **Magic Wand** is a non-profit organization that offers an eco-friendly and inexpensive alternative for prom outfits for students. A small fee for cleaning will be charged. All grads are eligible.

[www.themagicwandproject.ca](http://www.themagicwandproject.ca)




THANK YOU to [@esquimalt\\_fire\\_charitable](#) for their donation to our Junior Girls' Volleyball Team!! These funds and new jerseys will allow the team to compete in style at Provincials later next week!

CONGRATULATIONS 🎉 to our Senior Boys Volleyball team for making it to the Provincial Championships!!! [#2](#) on the Island—you all have so much to be proud of! Now for some icing on the cake!!! 🍷🏐🍷



Awesome experiences for our group of students in Ottawa! ByWard Market, brunch and watching and meeting the national women's basketball champions the Carleton Ravens!!