



Esquimalt Parent & Student Docker

January 22 – 26, 2024

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

Mon Jan 22 nd	PAC Meeting Rescheduled Challenge Information Night	6:45 pm in All Nations Room 7pm in the Esquimalt Gym
Tues Jan 23 rd		
Wed Jan 24 th		
Thurs Jan 25 th	Drama and Dance Show FRAL 12 Oral Assessment	Theatre doors open 6:30 start 7pm Computer Lab in Room 203
Fri Jan 26 th	Blk A: 8:50 am to 11:20 am Blk C: 12:00 pm to 2:30 pm	Adjusted Bell Schedule

Save the Date






Jan. 29 - Blk B: 9 am to 11:30 am, Blk D: 12:30 pm to 3 pm

Jan. 30 – Curriculum Completion Day: By Teacher Invitation

Jan. 31 – No Classes Semester Turn Around Day

Feb. 1 – Start of Semester 2

Feb. 9 – Report Cards Distributed in B Blk

<div>  <div>Esquimalt High School January 2024</div>  </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	WINTER VACATION					
7	8 School re-opens After Winter Vacation	9	10	11	12	13
		GRAD PHOTOS				
14	15 Provincial Assessments Make Up Sessions in Computer rm 203	16 Rugby Academy Information Night 7 pm	17 Challenge Info Night 7 pm FRAL Written 9am Early Dismissal 2:27	18	19 Grade 9 Immunizations in Cafeteria	20
		GRAD PHOTOS				
21	22	23	24	25 FRIM 12 Oral In CPU Lab 203	26 Copernican Day Blk A 8:50 to 11:20 Blk C 12:00 to 2:30	27
					Spectrum / ESQ Boys BB Tournament	
28	29 END OF SEMESTER 1 Copernican Day Blk B 9:00 to 11:30 Blk D 12:30 to 3:00	30 Curriculum Completion Day Students attend when invited by their teacher(s)	31 Turn-Around Day No Classes	February 1st Start of Semester 2 All students attend		



Counselling Muppet News Flash 2nd Semester Timetables



The student's semester 2 timetables were handed out today Friday, January, 19th. Any **students wishing to make course changes MUST submit their requests using the bit.ly/QR Code below between Friday, January 19th and Wednesday, January 24th**. The code will also be posted around the school. Due to the sheer volume of course change requests we cannot meet with each student individually. **After you submit a request - students need to check their @sd61learn.ca - their school email account - for a reply message from one of the school counsellors, Mrs. Hoffman or Ms. Andrews.**



PLEASE DO NOT USE THE COUNSELLING APPOINTMENT REQUEST bit.ly/QR Code for course changes at this time. Course change requests submitted through the bit.ly/QR code above between Friday, January 19th and Wednesday, January 24th will be completed first. Stay calm and carry on. We will get to your requests as quickly as we are able. Promise!

JANUARY/FEBRUARY 2024 SNAPSHOT

TOPIC: Peer Connections

Peer connections are vital for children and youth as they contribute to the development of social skills, emotional intelligence, a sense of belonging and mental well-being. From kindergarten through to high school, parents can play a crucial role in helping their child navigate friendships by fostering their social skills, providing guidance on conflict resolution, and adapting their support to meet the changing needs of their child.

Secondary – [Teen Relationships, Romance and Respect](#)

FINE ARTS: Drama and Dance Show

The Drama and Dance show is on Thursday, Jan 25th. Doors open at 6:30pm, show starts at 7:00pm.

Join us for the Fine Arts Fiasco on Thursday, January 25th in the Esquimalt High Theatre. The semester one Drama class will present two plays written, directed and performed by students. Due to the postponement of their show, the Dance class will also be joining to perform large and small group numbers choreographed by Ms. Chester and original student works. Doors will open at 6:30pm and the show will begin at 7:00pm. Admission and concession will be cash only. We suggest a \$ 5 donation; however, everyone is welcome. Hope to see you there!

Reminder: Locking Rear Entrances to the School

Starting on Monday, January 8, 2024, a couple of the rear entrances will be locked after the start of the morning by 9:15. This change is to limit outside access to the school to doors that lead efficiently to the office for check in. The **two doors** that **will be locked** after school starts, will be the entrance **near the Art Room and the Auto Shop**. Staff and students will be able to enter from the back of the building via the Woodshop door that leads down the hallway to the main office.

FRAL 12 Provincial Grad Assessment for Dual Dogwood

Grade 12 French Immersion Students who are currently taking FRAL 12, will complete their assessments as follows:

Thursday, January 25, 2024, in CPU Lab 203, during their regular class block, in small groups. Connect with Ms. Jensen for your schedule.

- FRAL 12 Oral

Grad Photos by Prestige Grad Portraits

Appointments are required. Book yours online at [Schedule.prestigeportraits.ca](https://www.scheduleprestigeportraits.ca)

Retake Picture Days

February 12-14, 2024 in the Green Room @ Esquimalt High

GRAD Information & Reminders

Grad 2024 Parent & Student Info Website - <https://sites.google.com/sd61learn.ca/esq-grad/home>

GRAD Checklist

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

CAREERS:



ARE YOU INTERESTED EXPLORING A CAREER IN MEDICINE?

Tuesday January 23 RM 213

Caterina Marra, a current student in the **ISLAND** UBC MD Program will share their story, answer questions & talk about what you can be doing now to strengthen your application!

See ESQ Careers, Tarra or Mr. Henderson if you have any questions

ESQ Careers Opportunity **STANDARD FIRST AID LEVEL 1 CERTIFICATION**

8 HOURS ONLINE

DELIVERED THROUGH SELF-PACED ONLINE LEARNING MODULES

- Students who don't complete the online learning modules will **NOT** be able to attend the IN PERSON training
- If you require support in accessing technology, let us know!

To be COMPLETED by FEB. 01/24

8 HOURS IN-PERSON

WHEN | PRO-D FEBRUARY 16, 2024

WHERE | ESQ HIGH SCHOOL

TIME | 8:30 AM - 4:30 PM

COST
\$20

Space is limited, sign up at

bit.ly/esqfirstaid

If technology or cost will be a barrier please contact ESQ Careers



Career Center Coordinator: **Tarra:** tclarke@sd61.bc.ca
Career Teacher: **Mr. Henderson:** khenderson@sd61.bc.ca

Scholarships:

[Please click here to view a link to the Scholarship Spreadsheet](#)

that Mrs. Bjornson using to house opportunities as they pass through her inbox. Not all links work--- sometimes opportunities fizzle out. Feel free to email her about faulty links--- bonus points if you can find and send an updated link! dbjornson@sd61.bc.ca

January Highlighted Scholarships---check each link for deadlines

1. Remax Quest for Excellence

- a. \$1000, Community Service, Essay required, Grade 12 only

To apply for the Quest for Excellence scholarship, eligible students are invited to write and submit an online essay* up to 1,250 words in length, answering one of the following questions:

- 1. What does a “bright future” look like for you?
- 2. How have you demonstrated leadership or charity within your community to make it a better place?
- 3. How can we ensure fair and affordable housing for all Canadians?

b. <https://blog.remax.ca/quest-for-excellence/>

2. Trevor Linden Community Spirit Scholarship

- a. \$2500, Community Service, Essay Required, Grade 12 only
- b. Due May 1, specific reference letter required
- c. Must be mailed.
- d. Looking for folks who have impacted their community in a positive way whilst overcoming challenges themselves.”Taking the time to do something for others during difficult times in one’s own life requires particularly outstanding commitment. This is why, as part of the selection process, the personal circumstances and/or challenges of each applicant will be considered.”
- e. <https://www.nhl.com/canucks/community/lindenscholarship>

3. BC Hydro Power Pioneers – Community Service Award

- a. \$500, Essay required, Grade 12 only
- b. Must be mailed in. Multiple letters of reference required.
- c. Due March 31.
- d. <https://www.powerpioneers.com/making-a-difference/bc-hydro-power-pioneers-community-service-award/>

4. Pathway to Teacher Education

- a. \$5000, written statement required, Grade 12 only, BC government award
- b. Due Feb 15
- c. Online application
- d. <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships/provincial-scholarships/pathway-to-teacher-education-scholarship>

5. Specific Criteria Awards for UVIC-bound students

- 1. A variety of scholarships and bursaries for students entering UVIC. Generally, it is a “one-application” process. No gap year. (Taking a gap year? Apply next year.)
- 2. **Due April 30--- we will have Scholarship 12 meetings to help you with these.**
- 3. <https://www.uvic.ca/registrar/safa/entrance-scholarships/specific/index.php>

PAC Updates

Next Meeting: January 22nd

Upcoming meeting will be on Mondays moving forward. Please join us on January 22nd, February 12th, April 22nd, and May 13th.

Meetings are at Esquimalt High School at 6:45pm.

Looking for an easy way to support the Esquimalt PAC?



Email esquimaltPAC@gmail.com 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 re-loading to help support your group.

Fundraiser: Save a Tape



PAC Fundraiser “Save a Tape”!

**Do you, or someone you know,
shop at Country Grocer? If so, we
want your RECEIPTS!**

**Esquimalt High School PAC will
receive 1% of all orders!**

Bring receipts to the OFFICE.

Athletics

Monday, Jan 22nd

- Junior Girls 10's vs Vic High @ Vic High at 4:15pm

Thursday, Jan 25th:

- Junior Boys 9's vs Belmont @ Belmont at 5:45pm
- Junior Girls 10's vs GNS @ Esquimalt Dockers Gym at 5:45pm
- Senior Girls vs Vic High @ Esquimalt Dockers Gym at 7:15pm
- Senior Boys vs Stelly's @ Stelly's at 7:30pm

Friday, Jan 26th and Saturday, Jan 27th:

- Road to March Spectrum tournament hosted at Spectrum as well as Esquimalt. The Dockers Gym will host several games both on Friday and Saturday. Schedules will be posted at each venue.

X-Country and Track & 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 is too rainy we will hit the weight room.

Any questions, please email Ms. Thornber at: sthorbur@sd61.bc.ca



**Success for all of our Basketball
Teams this week!
Go Dockers!!!**



Congrats to Jr. Gr. 10 Girls on their win this week!



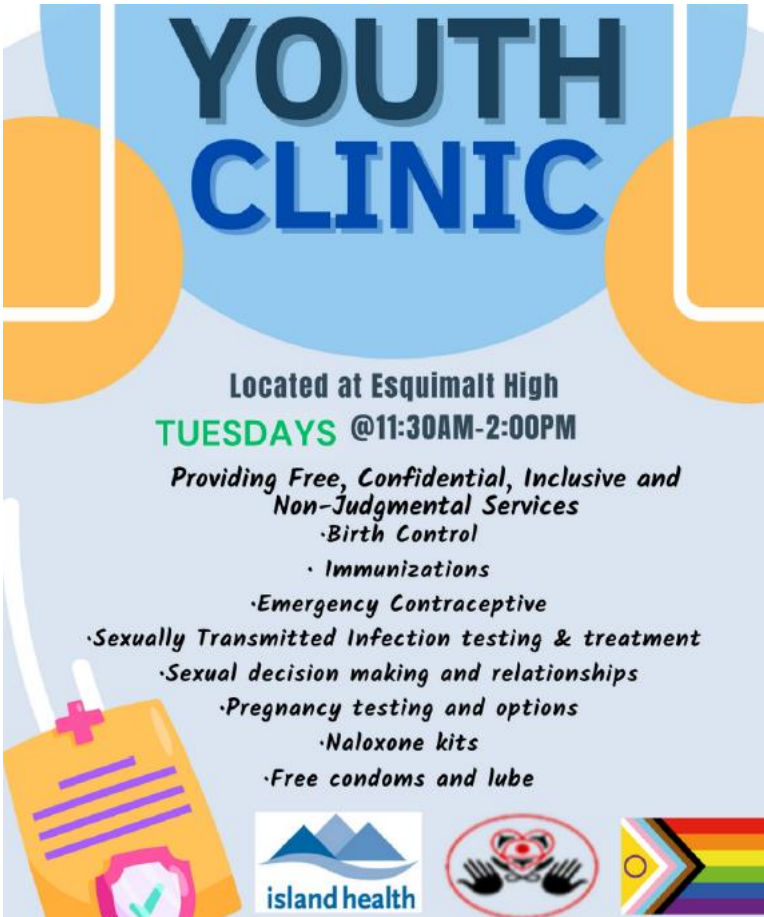
An exciting victory for our Sr. Girls Basketball with our youngest fan in the stands! A great day for Docker basketball.

The Sr Boys Basketball team pulled off an epic 86-83 victory over [@vichighsd61](https://twitter.com/vichighsd61) in front of our home crowd!

What's on the Menu? ESQ Café – January 22-25

Monday	Chicken pasta alfredo or pasta primavera
Tuesday	Duck confit bao buns, pickled vegetables, hoisin bbq Or fried tofu bao buns
Wednesday	Braised beef poutine or with mushroom poutine
Thursday	TBD
Friday	no service

Reminders:



**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

