



Esquimalt Parent & Student Docker

April 29 – May 3, 2024

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

Mon Apr 29	•	
Tues Apr 30	• safeTalk Workshop with Need2 & school counsellors	
Wed May 1	<ul style="list-style-type: none"> • GRAD Movie Night Tickets go on sale, starting today till May 15th • GRAD Dance Tickets go on sale, starting today till May 24th 	Office lunch/Cash Online Office lunch/Cash Online
Thurs May 2	• ESQ Musical Theatre	7-9 pm
Fri May 3/Sat May 4	<ul style="list-style-type: none"> • Last Day to complete Student Learning Survey • ESQ Musical Theatre • Report Cards Distributed on Friday May 3rd 	7 – 9 pm During Block B

Save the Date



May 08: Capstone Gala

May 08: ICBC Presentation for Grade 11 & 12 Gym Block A

May 10: TGIF Improv Theatre

May 13: PAC AGM 6:45pm in All Nations Room

June 03: Grad Recognition Ceremony at UVic

WELCOME: To Ms. Samantha Owen, who will be doing Careers Capstone, Gym 9/10, Athletic Leadership, and an out of the timetable PE Class until the end of the school year. Welcome to the Esquimalt Family!

CAREERS:

CAPSTONE GALA MAY 8TH: Graduation Requirement

The Capstone Gala is **May 8th from 3:30pm - 5:30pm** and **ALL Grade 12 students** will be presenting their Capstone Project on this date. The project presentation and CLC-B assessment will be happening at the Gala. This course is a graduation requirement, and the project and presentation need to be completed. If your student missed their Reflection Appointment in April they need to check in with their Capstone Coach.

Thanks!

Samantha Owen, Career Ed., Athletic Leadership, Physical Education

ROBOTICS:

Our robotics team is hosting an after-school Java course for anyone interested in programming and learning Java.

This is a free class that runs April 22-May 24 every Monday and Thursday afternoon. Everyone is welcome - please register with Mrs. O'Keefe.

Are you interested in programming & learning JAVA?

Room 221
Monday & Thursday
3:30pm-5:00pm
All students welcome
April 22 - May 24

For more info:
Mrs O'Keefe-rm221
tokeefe@sd61.bc.ca

register here



STUDENT LEARNING SURVEY: Parents of Students in Grade 10 & 12

The Provincial Student Learning Survey is unique in its scope, size, and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in **2024** the Student Learning Survey will be administered to students in grades 10 and 12, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

For Students:

Students will have an opportunity to complete the survey at school during Focus Block using their Personal Education Number (PEN). The survey is anonymous, and the PEN is only used to link a student to Esquimalt High School to ensure that only Esquimalt High School student can report.

For Parents:

The survey can be completed electronically and can be accessed on the Internet at <https://www.awinfosys.com/SurveyFull1/central/main/access.asp>.

1. Scroll down to Parents
2. Choose "Direct Access"
 - a. Choose School District – 61 Greater Victoria
 - b. Choose Esquimalt High School
 - c. Choose your preferred language for the survey to be in

Any computer or personal device with an Internet connection can be used, and access to the e-survey is simple, secure, and anonymous. The e-survey site will be open until May 3, 2024.

If you have any questions, please contact the school at 250-382-9224 or Mr. Jared Adams (VP) at jadams@sd61.bc.ca.

ATHLETICS:

Track & Field: Meet on Wednesday May 1st at Uvic. Track athletes will leave the school at 2:45pm

Practices schedule: Weight room Monday am at 7:30 am
Practice after school Tuesday/ Thursday meet on the track at 3:30pm

Soccer: Girls Soccer Team playing playoff game Tuesday at Hampton Field 3:15pm. Good Luck!

Spring Sport Information:

- Track & Field is run by Sarah Thornber = sthornber@sd61.bc.ca
- Boys & Girls Rugby 7's is run by Mike Thompson, David Moonlight and Chelsea Minter = mbthompson@sd61.bc.ca; dmoonlight@sd61.bc.ca; cminter@sd61.bc.ca
- Girls Soccer is run by Brandon Aris = baris@sd61.bc.ca
- Badminton is run by Ken Henderson = khenderson@sd61.bc.ca
- Ultimate is run by Ange Coutts and Tim Zemanek = acoutts@sd61.bc.ca; tzemanek@sd61.bc.ca

Please reach out to coaches in order to get season details! *Mike Thompson, CCAA*

GRAD Information & Reminders:

Grade 12 students/parents - check your email for the most recent Grad Newsletter!

GRAD Checklist

- Pay Grad Fee - \$40
- Student should join Grad Google Classroom **Odx4rm**
- Student should have Capstone on track
- Recognition Ceremony tickets on sale now through UVIC Ticket Centre please call 250-721-8480 Mon to Fri 9:30am to 4pm**
- Register for grad <https://bit.ly/ESQgrad2024registration>
- Complete grad speech for Ceremony at <https://bit.ly/ESQgradwriteup2024>
- Complete grad quote/write-up for YEARBOOK at QR Code here:



Grad Recognition Ceremony at UVic: Ticket Information - TICKET SALES OPEN APRIL 10!

Ceremony is at UVIC Farquhar Auditorium June 3 2024 @ 6:45pm

HOW DO I BUY TICKETS?

- All Ceremony tickets are processed through the UVic Ticket Centre in person or by phone 250-721-8480 (you will need a credit card)
- The UVic Ticket Centre is located in the lobby of the Jamie Cassels Centre B Wing, where the Auditorium is located. Hours of operation are Monday to Friday, 9:30am – 4:00pm.
- All persons entering the Auditorium for the event via the lobby must have a ticket, **including babes-in-arms and toddlers** (grads do not need a ticket- they are the show!)
- Tickets are \$10 each plus a per order fee (\$3.00 for online \$2.00 for phone)- limit 6 per family (extra tickets will be available closer to the event date typically two weeks prior)
- **Accessible seating is limited. Please indicate if you need accessible seating for wheelchairs at the time of your order**
- Parking on campus is pay parking 24 hours daily, Monday to Saturday. As parking lot dispensers can be busy prior to ceremonies, we recommend families either arrive early or purchase passes in advance through Campus Security. Link to pre purchase:
<https://parking.uvic.ca/ebusiness/cm/index.aspx>.
- If families need financial assistance for tickets, please email chbradsaw@sd61.bc.ca or ahoffman@sd61.bc.ca -this information will be kept confidential

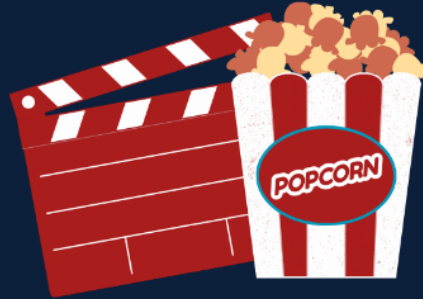
Tickets will be sent to the student sd61 email.

PLEASE ENSURE YOU REQUEST ANY REQUIRED ACCESSIBLE/WHEELCHAIR SEATING AT THE TIME OF ORDERING YOUR TICKETS.

TICKETS ON SALE
MAY 1-15TH BY THE
OFFICE @LUNCH
OR
SCHOOL CASH ONLINE

GRAD MOVIE NIGHT

MAY 24TH - 10:30PM - 6AM



2 x NEW RELEASES
ARCADE / BOARD GAME CAFE
BIG SCREEN GAMING
SNACKS/PIZZA
KARAOKE

PERMISSION FORM MUST BE SIGNED
\$50 SINGLE TICKET
OR
\$140 DINNER/DANCE COMBO

SILVER CITY
3130 Tillicum Rd

\$90

'A Night To Remember'

EHS GRAD 2024

dinner dance

15TH OF JUNE 5:30

SCOTTISH COMMUNITY CENTRE

DRESS TO IMPRESS

tickets on sale May 1-24th at lunch
or school cash online

(guests must be approved and paid by cash cheque)

QUESTIONS -TZEMANEK@SD61.BC.CA

SCHOLARSHIPS: Highlighted Mar/Apr Scholarships---check each link for deadlines

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](mailto:d bjornson@sd61.bc.ca)

District Authority Award

[Esquimalt High DA Award Website](#)

District/Authority Scholarships recognize graduating BC students for excellence in their chosen areas of interest or strength. These BC Government issued scholarships are intended to help students pursue post-secondary education. Winners receive a \$1250 voucher that can be used toward post-secondary education tuition. [Click here](#) to see if this award can be used at the school of your choice.

BC School Sports Scholarships

BC School Sports is pleased to provide over \$30,000 in scholarships available to student-athletes this year. The application deadline is **May 3** at 4 PM. <https://www.bcschoolsports.ca/member-services/scholarships>

Specific Criteria Awards for UVIC-bound students

A variety of scholarships and bursaries for students entering UVIC. Mrs. Bjornson will have a specific Scholarship 12 meeting that looks at these awards although folks can look on their own, as well. Generally, it is a "one-application" process. No gap year. (Taking a gap year? Apply next year.)

Due April 30. <https://www.uvic.ca/registrar/safa/entrance-scholarships/specific/index.php>

SD61 Indigenous Scholarships & Awards

All grades have specific awards.

Due: TBA (sometime in May) <https://ied.sd61.bc.ca/graduation/greater-victoria-sd61-scholarships/>

Pacific Leaders Scholarships for Children of Public Servants

\$2500, essay required, Grade 12 only. **Due: May 14**, BC government award

<https://www2.gov.bc.ca/gov/content/careers-myhr/all-employees/career-development/pacific-leaders/scholarships-for-children>

There will be Scholarship 12 meetings that are open to ALL GRADS to help them create their e-portfolios and applications. This application will take a minimum of 2 hours to complete. Most students put 3+ hours into their application, however. Meetings will be on Wednesdays at lunch. Monitor the Scholarship 12 Google Classroom for exact dates.

PAC UPDATES: Next Meeting: May 13th

Upcoming meeting will be on Mondays moving forward. Please join us on **May 13th**

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

Esquimalt PAC AGM Meeting May 13th

Please join us for the Esquimalt PAC AGM on **Monday, May 13th @ 6:45** in the All Nations Room.

All roles are available, but we currently have a known opening for Treasurer for the upcoming 2024-2025 School Year.

The position of treasurer is one of three required to form the PAC and the main duties are as follows:

- Apply for and manage the gaming grant. The gaming grant provides roughly \$17,000 a year to extracurricular activities and events at Esquimalt High.
- Attend monthly PAC meetings and provide updates on the PAC accounts.
- Write an annual summary report.

At the Esquimalt PAC we work together and support each role to be successful.

If you are interested or would like more information, please email esquimaltpac@gmail.com.

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.

FINE ARTS:

ESQUIMALT HIGH SCHOOL PRESENTS...



MEAN GIRLS
HIGH SCHOOL VERSION

BOOK BY TINA FEY MUSIC BY JEFF RICHMOND LYRICS BY NEIL BENJAMIN
BASED ON THE PARAMOUNT PICTURES FILM *MEAN GIRLS*

ESQUIMALT HIGH SCHOOL THEATRE
847 COLVILLE ROAD
EVENING SHOWS @7:00pm, MATINEE* @2:00pm
DOORS OPEN: 6:30pm (VIP), 6:45pm (GENERAL)

APRIL 26, 27, 28* || MAY 2, 3, 4

GENERAL ADMISSION	VIP PACKAGE
ADULT: \$12	ADULT: \$20
STUDENT/SENIOR: \$10	STUDENT/SENIOR: \$18

(INCLUDES FIRST CHOICE SEATING, COMPLIMENTARY REFRESHMENTS, AND A GIFT PACKAGE. ONLY 30 VIP TICKETS PER SHOW.)

 PURCHASE TICKETS USING THIS QR CODE!
www.showtix4u.com/event-details/82568

MEAN GIRLS HIGH SCHOOL VERSION IS PRESENTING THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI). ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI. WWW.MTIshows.com

PG-13

You're invited to Esquimalt High School's production of *Mean Girls (High School Version)*!

Based off of the hit 2004 film by Tina Fey, this fiercely hilarious musical explores the highs and lows of the high school experience. Our production features over 60 students, a live band of community members, exciting dance numbers, and fun contemporary music that will be hard to get out of your head.

Shows will take place at the Esquimalt High School Theatre on April 26, 27, 28 and May 2, 3, 4. Evening shows start at 7:00pm and the April 28th matinée at 2:00pm.

Tickets are available online at <https://www.showtix4u.com/event-details/82568>. If you're feeling especially fetch, treat yourself to a VIP Package, which includes first choice seating, your very own tote bag filled with goodies, and complimentary snacks!

Please note that this show is rated PG-13 and uses art and comedy to discuss challenging subjects including cliques, social norms, and bullying.

Improv: If Interested in Improv Next Year

Please read:

Do you love ACTING but your timetable is too full to take another elective? Are you in French Immersion, the Challenge Program or another specialized program and you just can't fit theatre into your school day? Do you love being on stage but singing and dancing is not your thing? Then you might enjoy performing unscripted theatre, otherwise known as **IMPROV!** *No memorizing lines, just bring yourself.* We do comedy short form, styled improvised full length plays and we even have competitive teams for those who want to play in tournaments. You can join as a club member or take it as a credit course. Drop in for Improv at any time, see Ms. Walker if you have any questions.



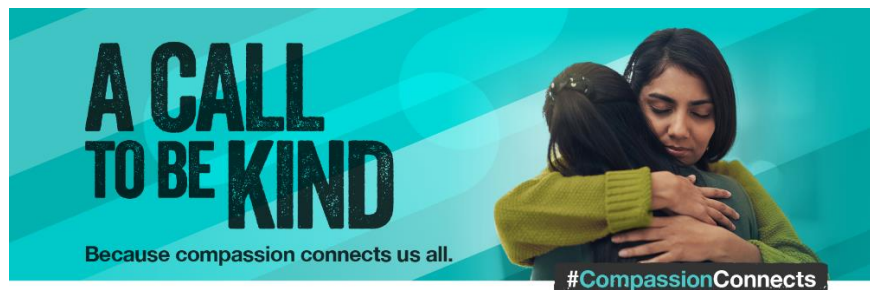
Esquimalt Acting Troupe on Instagram: @esquimaltimpov

If any students are interested in signing up for the Improv class for next year, please have them contact Ms. Walker or a school counsellor **by Friday, May 3. It's very important that we have all names by Friday, or the course will not run.** **Thank you!**

Omdrea Walker BEd, MEd, (she/her)
Art, English, Improv
Challenge Coordinator
Esquimalt High School

COUNSELLING:

Mental Health Week



CMHA Mental Health Week May 6-12, 2024

The countdown is on! We're just 12 days from the start of Mental Health Week when we'll be exploring the healing power of compassion.

Over the last decade, there has been an impressive surge in research supporting the multitude of mental health benefits associated with compassion. Compassion was shown to increase happiness, improve emotional resilience, and reduce stress, anxiety and loneliness.

Join us from May 6 to 12 to learn more about these incredible benefits and so much more!

[Download our toolkit](#)

[Connect with your local CMHA](#)

INTERNATIONAL STUDENT PROGRAM

It's that time of year! The Greater Victoria School District's International Student Program is looking for new families interested in joining the vibrant hosting community. With students arriving to attend short term programs in the summer (2-6 week stays) and longer-term programs in the Fall, there are many opportunities to begin hosting. Host Families provide 3 meals a day along with healthy snacks and a welcoming environment. \$1260 per month is provided as reimbursement for student support (pro-rated for shorter stays.) Orientation and 24/7 support is available from the homestay office.

For more information:

Website:

www.studyinvictoria.com/homestay

Phone: 250-592-6871

Email: homestay@sd61.bc.ca

Become a Host Family



ENJOY AN UNFORGETTABLE CULTURAL EXPERIENCE BY HELPING SUPPORT AN INTERNATIONAL STUDENT

\$1260 per month provided for student support



250-592-6871



homestay@sd61.bc.ca



www.studyinvictoria.com



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

Math Club: Thursday at lunch Room 305

Robotics Club: Monday, Wednesday, and Thursday afterschool from 3:30-5:30 in Room 221.

Rubik's Cube Club: Mondays at lunch Room 305 All abilities welcome.

Student Vote: By electoral cycle Library Learning Commons

Science Fair Club: Wednesdays at lunch Room 213

The Not Quite Model UN Club: Monday in Room 328 at Lunch

Women in STEM: Tuesdays at lunch Room 221

Writing Club & Slam Poetry Team: Fridays at lunch Room 325



Boys Club: **Wednesday, April 17 2:30-4:00 in the Cafeteria with Mr. Mari.**
Meet. Eat. Speak.

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

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

island health

SCENT FREE ZONE

Help us keep the air we share healthy and fragrance-free

It is the policy of the Greater Victoria School District (GVSD) to provide a safe and healthy environment for all. This will be accomplished by eliminating or minimizing the use of products and fragrances whose scent or other properties are known to trigger allergies or other hazardous reactions.

PLEASE
DO NOT wear perfume, cologne, aftershave and other fragrances.
USE unscented personal care products.

Greater VICTORIA School District One Learning Community

Sharing Our Stories of Success!

Mean Girls the Musical opens THIS Friday!



VIP tickets are now sold out and other tickets are going quickly - get them while you still can. It's going to be Fetch!

Buy tickets at lunch or online at [@esquimalthighmusic](https://www.showtix4u.com/event-details/82568)

***Please note** that this show is rated PG-13 and uses art and comedy to discuss challenging subjects including cliques, social norms, and bullying.



Track and Field

We have been hard pressed to get one 4x 100 m relay let alone two teams to end another great meet at Uvic. Awesome performance and they win pizza again!!

Mr. Beischer's Famous Pie Eating Contest: Congrats to the Winners!!!



Axel & Quill 1st



Megan 2nd



Geno & Ash 3rd



Elyssa & Garnet 1st



Angel 2nd



Georgia & Alina 3rd



Girls ESQ Soccer Team: Congratulations to the Esquimalt Girls Soccer Team! They are rocking this season and have won 6 games out of 6 games. Way to go!!

CAFETERIA:

What's on the Menu? ESQ Café – April 29-May 3, 2024	
Monday	House smoked turkey Rigatoni, porcini cream, roasted wild mushroom, caramelized onion, herbs, Romano cheese
Tuesday	Beef barbacoa taco, pickled cabbage, tomatillo salsa, crème fraiche, fresno chili Pulled Jackfruit taco, pickled cabbage, tomatillo salsa, crème fraiche, fresno chili
Wednesday	Buffalo chicken poutine, house cut fries, cheese curd, gravy, finished with buffalo chicken bites, green onion and a drizzle of house made hot sauce, served with bleu cheese dressing Also available with buffalo tofu
Thursday	Teokbokki, spicy stir fried Korean rice cake, chili garlic gai lan, Korean fried chicken
Friday	Sesame crusted albacore Tuna sushi bowl, sticky rice, spiralized carrot, radishes, cucumber, nori, wasabi ponzu dressing