



Esquimalt Parent & Student Docker

Oct. 21 – Oct. 25

moment is a fresh beginning”

Happy October!!

| | | |
|----------------|---|--|
| Mon. Oct. 21 | | |
| Tues. Oct. 22 | Future Innovators: Empowering Women in STEM | See below for details |
| Wed. Oct. 23 | Student Photos Retakes Capstone Check IN #1 Careers 10 for All Grade 10 Students | 3:30 – 5:00 First meeting Focus Blk |
| Thurs. Oct. 24 | | |
| Fri. Oct. 25 | Professional Development Day | No Scheduled Classes |

WEDNESDAY!!
Student Photo Retakes
October 23rd



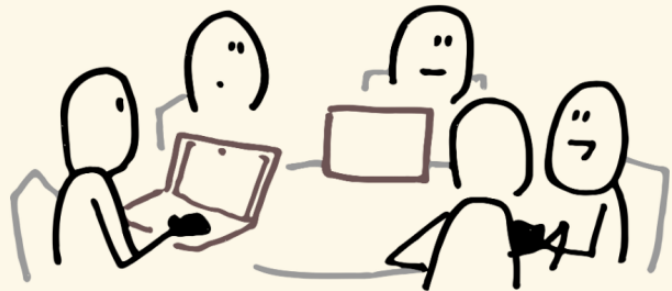
Save the Date

- Oct. 28: Copernican Day/Assessment **Block A 9:00am to 11:30am**
Block C 12:30pm to 3pm
- Oct. 29: Copernican Day/Assessment **Block B 9:00am to 11:30am**
Block D 12:30 to 3pm
- Oct. 30: Halloween Dance

Keep Those Student Forms Coming In!
Student Verification Form &
Blanket Field Trip Form and one Parent Letter

Capstone Check In #1 Appointments

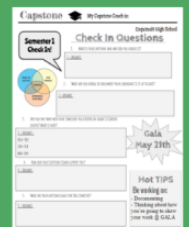
Oct 23, 2024 - 3:30-5:00



ALL GRADE 10 Students:
Careers 10 - First meeting of the year will be during Focus Block on **October 23rd**.
The Google Classroom Code is: **fy64lhk**
See you there!
Ms. Kristi Martinsen

Calling ALL Grade 12's

Grade 12 students should have their Check In #1 completed for the appointment.



ESQUIMALT HIGH
SCHOOL'S

11TH ANNUAL GINGERBREAD HOUSE SALE FUNDRAISER

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

HOUSE KITS \$20.00 EACH

ORDER AT
[BIT.LY/ESQGINGERBREAD24](https://bit.ly/esqgingerbread24)



ORDER DEADLINE
DECEMBER 1, 2024

SEE LINK FOR FULL DETAILS



ESQ CAREER OPPORTUNITIES:

POLICE CAMP

Have you been considering a career in police services?

Spring Break | March 15 - 22, 2025 | St. Margaret's School

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

Contact ESQ Careers if you would like to apply: Applications
Due **November 15, 2024**

ESQ Careers: Ken Henderson khenderson@sd61.bc.ca or
Tarra tclarke@sd61.bc.ca

Have you been considering a career
in police services?

Police Camp

Spring Break
March 15-22, 2025

8 day leadership program for students in
Grade 10, 11 or 12.

- leadership development
- daily physical training
- day and night police scenario simulations
- Social responsibility and life skills

Applicant interviews will be held the
second week of December, 2024

Apply today with your Career Centre.
Applications due: November 15th, 2024



Future Innovators:

Empowering Women in STEM

Tuesday, October 22nd 6:30 - 8:30 pm
Vic High School

Join us for an inspiring evening about STEM careers.
All are welcome.



Jennie Christensen PhD, RPBio
Founder and CEO



Alison Bird
Earthquake Seismologist



Michelle Mahovlich, P.Eng, P.Geo
Engineering Consultant



Sema Hamidi, P.Eng.
Project Engineer



Emily Murray
President, WECS & Engineering
co-op student



Kezia Devathasan
Engineering PhD student &
Program Manager

Thanks to our event sponsors



Future Innovators: Empowering Women in STEM Event

Island Women in Science and Technology would like to invite you to join them for an inspiring evening with our panel of women in STEM. We are bringing together future innovators from middle school, high school, and post secondary along with professional women in STEM for a candid conversation about their STEM careers. All are welcome.

Event details:

6:30 - 8:00 pm: Panel discussion: panelists represent a variety of STEM disciplines and are at different points in their careers

8:00 - 8:30 pm: Networking with STEM professionals and post secondary STEM students

Location: Vic High School, 1260 Grant Street, Victoria, BC

Cost: Free but registration required at iwist.ca/events

Our panelists represent a variety of STEM disciplines and are at different points in their careers:

- **Alison Bird**, Seismologist and Liaison & Outreach Officer, Earthquake Early Warning, Natural Resources Canada
- **Michelle Mahovlich**, P. Eng, P. GEO, FCSSE, Engineering Consultant and Board Chair, Engineers and Geoscientists BC
- **Sema Hamidi**, P. Eng, Project Engineer, Avalon Mechanical
- **Jenni Christensen**, PhD, RPBio, Founder and CEO, Trich Analytics Laboratory
- **Emily Murray**, UVic Software Engineering student & President, UVic Women in Engineering & Computer Science
- **Kezia Devathasan**, PhD student, SEGAL Lab and Program Manager, Inspire UVic

MOVE

by GoodLife Kids

FREE VIRTUAL PHYSICAL ACTIVITY AND FITNESS CLASSES
FOR YOUTH AGES 12-21 WITH AUTISM AND INTELLECTUAL ABILITIES

VIRTUAL CLASSES WITH A TRAINED COACH ARE OFFERED IN THE EVENINGS

*NOTE TIME ON REGISTRATION FORM IS EST

REGISTRATION IS REQUIRED



PLEASE SHARE THIS OPPORTUNITY WITH
FAMILIES AND STUDENTS WHO MAY
BENEFIT FROM PARTICIPATING



MOVE
by GoodLife Kids

MOVE
by GoodLife Kids

What is the MOVE by GoodLife Kids Program?

MOVE by GoodLife Kids is a free physical activity and fitness program for youth ages 12 to 21 with autism and intellectual disabilities, offered by GoodLife Kids Foundation.

Our WHY:

Youth with autism and intellectual disabilities often face barriers to participation in physical activity and fitness programs: whether it be a higher cost, lack of support for their individual needs or the environment itself is inaccessible. MOVE was created to break down these barriers and cultivate a sense of belonging through the power of movement.

MOVE Program pillars

| | | | |
|--|---|--|--|
| <p>1. Physical Health Promotes regular physical activity in a safe and welcoming environment, enhancing confidence in movement & endurance.</p> | <p>2. Social Connection and Friendship Fosters a sense of community among participants, supporting development of social skills.</p> | <p>3. Mental Wellness Supports overall mental well-being.</p> | <p>4. Participant Growth Encourages participants to explore new activities, build independence, & take on leadership roles.</p> |
|--|---|--|--|

What makes MOVE different?

- 1 Offered year-round, virtually
- 2 One-hour classes up to three times per week
- 3 All staff receive specialized training
- 4 Individual needs considered in each class
- 5 100% Free

Classes are offered



60 minute MOVE Class sessions

- 10 minutes - Welcome, Talk Topic, and Warm-Up
- 40 minutes - 13 exercise circuits with games and dance breaks in between
- 10 minutes - Cool down and goodbyes

What can participants expect?

As a MOVE Participant, you'll be part of a small group (class) of youth. Small groups allow the MOVE Coach to engage with each participant, ensuring individual goals and needs are met. Here is what a participant can expect in their first 30 days:

- Register to MOVE** - check out the MOVE Program schedule online at goodlifekids.com/move and sign up for a MOVE Class that works best for you.
- Welcome email** - Once you sign up, you will receive a welcome email from the MOVE Program Team.
- Meet & Greet** - Before your first class you'll have a chance to meet your MOVE Coach.
- First day of class** - It's time to MOVE and make new friends!
- You did it!** - Congratulations on MOVING with us for 30 days! Check your mail soon as you'll receive a special MOVE shirt for free!
- Rock your MOVE shirt** - Consider wearing your MOVE t-shirt with pride both during a MOVE Class and beyond!
- Keep MOVING!** - Continue to MOVE with us each week!

Who leads a MOVE Class?
Each MOVE Class is led by MOVE Coaches: fitness professionals trained in coaching individuals with autism and intellectual disabilities. In virtual classes, MOVE Coaches are accompanied by MOVE Support Agents who assist with music, visual aids, and more!

The more you MOVE with us, chance to receive free MOVE prizes for attending your regularly scheduled classes!

THE THREE LEVELS OF MOVE REWARDS



GoodLife
KIDS
FOUNDATION

empowers youth with autism and intellectual disabilities through the MOVE by GoodLife Kids Program.

GoodLifeKids.com/MOVE
move@goodlifekids.com
Charitable #89126 2626 RR0001

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Student Connect:

GVSD Student Connect allows students to review privacy information and choose which online digital services they consent to use. Students should review their current consent items at the start of each school year.

New items can be added at any time (for example if a student needs access to a service in Gr. 11 that they did not need previously). Consent can also be revoked at any time if a student is misusing technology.

Important consent items in Student Connect include:

- School Yearbook and In-School Photo/Video Consent
- School and School District Media Consent
- Broadcast Media Consent
- Student Acceptable Use of Technology

Permissions for Digital tools:

- Google Workspace for Education
- Adobe Creative Cloud
- MyBlueprint
- Canva

Student Connect: <https://studentconnect.sd61.bc.ca/>

Parent Connect:

Parent Connect is an online service developed by the Greater Victoria School District to expedite consent requests and access Learning Updates (report cards). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand. The service also includes Google Translate to support parents who prefer to communicate in languages other than English.

Learning Updates (report cards) are shared digitally with both parents and students through Parent Connect and Student Connect.

Starting in Q2, all Learning Updates will only be shared via [Parent Connect](#) and [Student Connect](#). Paper copies of Learning Updates will only be available upon request.

Please click on the link below for information on how to create an account and access Parent Connect. When you access the account, student Learning Updates will be available as a pdf document.

[Parent Connect instructional video](#) and link to the portal.
[PDF Instructions for how to access Parent Connect](#)

Student and Family Affordability Fund:

In March 2024, the Ministry of Education and Child Care provided districts with additional **one-time Student and Family Affordability Funds (SFAF)**. The Student and Family Affordability Fund is intended to support families with costs associated with going to school that they may be struggling to pay. The aim is to make life more affordable for families who are temporarily facing financial challenges and need temporary assistance with the current cost of school supplies and education-related fees. The funds will be provided in as flexible, private and stigma-free manner as possible.

Funding use includes, but is not limited to:

1. Goods:
 - Providing basic school supplies that might otherwise be purchased by parents, guardians, and students (e.g., pens, paper); and
 - Supporting with clothing/footwear required for school sports or other school activities.
2. Fees:
 - Waiving education-related fees (e.g., additional supplies for shop, culinary and craft classes, workbooks, camps, field trips, relevant cultural events, other student society meetings including those related to equity, diversity, and inclusion, and instrument and equipment fees or other fees charged by school districts); and
 - Fees for school sports and other school activities.

If your family or student have any questions or require support, please reach out to Sarah Garr (Principal) by phone or email sgarr@sd61.bc.ca

Need a counselling appointment?

Scan the QR code below or email us directly for an appointment.



SCHOOL BASED COUNSELLORS

Personal counselling, course changes, post-secondary and academic advising.

Allyson Hoffman (she/her)

(A to K): ahoffman@sd61.bc.ca *Monday to Friday

Anastasia Andrews (she/her)

(L to Z): aandrews@sd61.bc.ca *Monday to Friday

INTERNATIONAL STUDENT ADVISING

Tim Zemanek (he/him): tzemanek@sd61.bc.ca

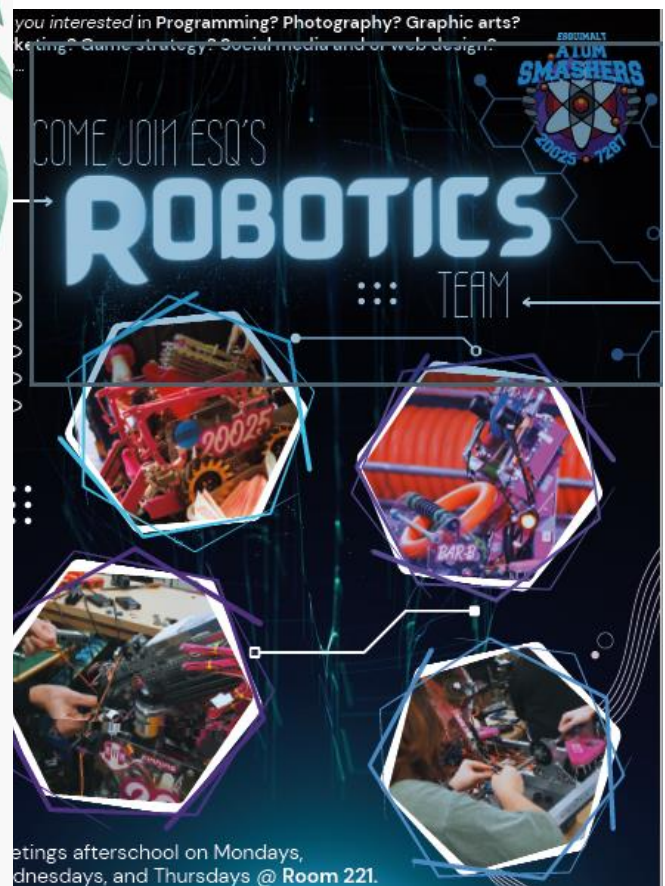
YOUTH & FAMILY COUNSELLORS (YFC)

Personal and family counselling. **NOT COURSE CHANGES.**

Bob Beattie (he/him): bbeattie@sd61.bc.ca *Monday to Wednesday

Michaela Louie (she/her): mlouie@sd61.bc.ca *Tuesday to Friday

Akki Mackay (they/them): akmackay@sd61.bc.ca *Monday to Thursday



Are you interested in Programming? Photography? Graphic arts? Marketing? Game strategy? Social media and or web design?

ESQ'S A TOM SMASHERS
2025-2026

COME JOIN ESQ'S
ROBOTICS
TEAM

Meetings afterschool on Mondays, Wednesdays, and Thursdays @ Room 221.



CAFETERIA: The Esq Café menu offers a hot lunch, salad and a variety of baked goods daily.

Lunch \$7.00

Salad \$5.00

Baked Goods range from \$1.50-\$5.00

The Café accepts reloadable cafeteria cards and cash.

Cafeteria Cards will be available to purchase on [School Cash Online](#) September 14, 2024. Cards purchases or re-loads will be ready for pickup at 11:30am in the office one business day after purchase. If you have a card from last year please bring it to the Accounts Office so it can be reactivated.

| What's on the Menu? ESQ Café – Oct. 21 to Oct. 25 | |
|--|--|
| Monday | Pork fried rice or tofu fried rice |
| Tuesday | Teriyaki chicken or veggie noodle box |
| Wednesday | Mac and Cheese |
| Thursday | To be Determined |
| Friday | Professional Development Day No Scheduled Classes |

 **Sharing Our Stories
of Success!** 



Thank you to our students for their enthusiastic support at the [@runvictoriamarathon!](#) A great way to give back to community. [#volunteer](#) 🏃 🏃 🏃



Thank you to the group of students from Palacký University, Czech Republic for your visit today! Camosun College has welcomed 10 aspiring students for a customized 4-week teacher training program. We were thrilled to participate in their education by providing this opportunity for a visit! Thank you to our staff & students for welcoming them. [@camosunintl](#) [@camosun](#)



Student Vote at Esquimalt High School was held Thursday in the Library.



Student Vote results will be announced after the general election results are declared for British Columbia.



Photos of our Sr Boys Soccer Team in action vs Mount Douglas!
(Photo credit to 📷 James Willis)



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.**



Youth Health Clinic

Tuesdays from 11:30-2:00
Esquimalt High
in the Office Medical Room

Confidential services provided by a Public Health Nurse:

- ✓ Birth Control
- ✓ Emergency Contraceptive
- ✓ Pregnancy testing and options
- ✓ Sexually Transmitted Infection testing & treatment
- ✓ Sexual decision making and relationships
- ✓ Immunizations
- ✓ Naloxone kits
- ✓ Free condoms



care-for everyone, everywhere, every time