



Esquimalt Parent & Student Docker

Feb. 10 – Feb. 14

Happy February! Welcome to Second Semester

| | | |
|---------|--|---|
| Feb. 10 | PAC Meeting GRAD Photo Retakes Sign Up for Esquimalt Springboard Fire and Rescue | 6:45 All Nations Room Green Room Deadline TODAY |
| Feb. 11 | Last Day to sign up for Focus Block on the Bit.ly GRAD Photo Retakes | See below for details Green Room |
| Feb. 12 | GRAD Photo Retakes Early Dismissal | Green Room 2:27pm |
| Feb. 13 | Learning Updates (Report Cards) Published for viewing on Parent/Student Connect | See below for details |
| Feb. 14 | Professional Development Day | No Scheduled Classes |

Save the Date

- Feb. 17: Family Day Stat No Scheduled Classes
- Feb. 17 to 21: Course Selection for next year
- Feb. 21: Grades 11 and 12 Catch up Vaccinations



ATTENTION:

All Learning Updates (Report Cards), going forward, will only be shared via [Parent Connect](#) and [Student Connect](#).

Paper copies of Learning Updates (Report Cards) will only be available **in person** from the office upon request.

SEE BELOW FOR INSTRUCTIONS ON HOW TO ACCESS ON FEB. 13TH

Attention Students in Grade 11 and Grade 12: Catch Up Vaccinations on Feb. 21st

BC has launched a Cancer Care Action Plan to better prevent, detect, and treat cancers. As part of the prevention strategy, Island Health students in grade 11 and 12 will be offered an additional opportunity to catch up on HPV vaccination, a safe and effective way to prevent a variety of cancers.

Public Health will be providing an opportunity for grade 11 and 12 students who remain eligible for childhood & school-age immunizations (excluding COVID-19 and influenza vaccines) to be immunized at an upcoming school-based immunization clinic. **A letter with more information will be sent home with Grade 11 and 12 students shortly.**

Please discuss the information in this letter with your child, as students in grade 11 and 12 will be offered the opportunity to consent to or refuse immunizations on their own behalf through the mature minor consent process. Children under the age of 19, who can understand the benefits of getting immunized, possible side effects after receiving the immunization, and the risk of not getting immunized, can legally consent to getting the immunization or refuse it.

For more information visit HealthLinkBC: The Infants Act, Mature Minor Consent and Immunization (<https://www.healthlinkbc.ca/healthlinkbc-files/infants-act-mature-minor-consent-and-immunization>) Please contact the local Health Unit at 250-519-5311 if you have any questions.

Important Focus Block News for 2nd Semester:

Our First Focus Block of the semester will be **Wednesday, February 19th.**

In order to build rosters for Focus Block we will need students in **Grade 10-12 to register** for a Focus Block using a Google Form.

Please use the link below to register for a Semester 2 Focus block:

Google Form: bit.ly/esqfocusblocksem2

This form opened at 10:00am on Thursday, February 6th and closes on Tuesday, February 11 at 3:15pm. Class lists for Focus Block will be posted on the rolling board in the Foyer on Monday, February 17.

Feb 2025 Snapshots:

The February 2025 Mental Health and Wellness Snapshot focuses on **peer connections**. Friendships play a vital role in children's happiness and development. Studies show that having strong peer connections can lead to better mental health outcomes later on in life. Feeling included by friends helps boost a sense of belonging and security—important factors that support emotional, social, and academic success.

- Secondary – [Somebody to Lean On](#)

GRAD:

GRAD 2025:

IMPORTANT GRAD INFORMATION: Attention GRAD families!

See important information about grad below.

Important Dates:

May: Grade 12 Capstone Presentations - May 21st

June 2024- Grad events

- ESQ GRAD Recognition Ceremony Monday June 2, 2025 UVIC Farquhar Auditorium
 - Tickets on sale in Spring (6 per family- this MAY increase to 8**)
- Dinner dance June 21

GRAD ASSEMBLIES:

All the upcoming assemblies will have a newsletter to bring home

Dates *subject to change*

Feb 19-1pm in to focus

April 30-1pm in to focus

May 28- 1pm to focus

May 30- BLOCK D

June 2- Rehearsal at UVIC- grads away all day

Ally Hoffman, Counsellor École Secondaire Esquimalt High School





A Year to Remember

Get excited. Get inspired.
Get ready for grad pictures.

Prestige
Photography by Lifetouch

You only graduate once, your grad pictures matter.

As a part of the Lifetouch + Shutterfly family, Prestige Photography by Lifetouch is excited to help you celebrate this once-in-a-lifetime event!



Step 1

Review your photo session options here and select your favourite.



Step 2

Visit prestigeportraits.ca to schedule the session that is right for you.



Step 3

Come prepared! Be sure to bring multiple outfits and props to your session.

BOOK YOUR APPOINTMENT:

Esquimalt High School February 10th – February 12th 2025

Location: Green Room 1st Floor

Notes: Please come to your session 5 minutes prior to start time.

prestigeportraits.ca

If you have any questions regarding booking an appointment or what to expect please contact us: 780-437-2431

ESQUIMALT GRAD FUNDRAISER:

<https://tickets.hecklers.ca/e/esquimalt-high-fundraiser-with-faris-hytiaa>

**ESQUIMALT
GRAD
FUNDRAISER
Stand Up
Comedy**

13 MARCH - 8PM

**HECKLERS
COMEDY
FUNDRAISER**

**PRESENTS
FARIS
HYTIAA**

\$25 Tickets at Hecklers.ca

**THURSDAY
MARCH 13 - 8PM**

**HECKLERS BAR & GRILL
123 GORGE ROAD EAST
VICTORIA BC
V9A 1L1
(250) 381-1312**

**BOOK NOW
*CLICK THE LINK ABOVE**



CAREERS:



Springboard Opportunity ESQUIMALT FIRE & RESCUE

Explore the career pathway of firefighting through interactive and hands-on activities.

WHEN

Feb. 21, 2025
9:00am - 1:15pm

WHO: Grade 10 - 12

Priority given to Grade's 11 & 12

WHERE: ESQ FIRE STATION

101-1151 Esquimalt Rd



SIGN UP closes on **February 10, 2025**

bit.ly/esqfire2025

ESQ Careers will be taking students to spend the day with Esquimalt Fire & Rescue where you will have an opportunity to explore the career pathway of firefighting through interactive and hands-on activities.

WHEN: Friday February 21, 2025

WHERE: **ESQ FIRE STATION** | 101-1151 Esquimalt Rd

WHO: **Open to grade 10 - 12 students**

priority given to Grade 11 & 12

Students who participate in the Springboard will have an opportunity to apply to attend ESQ Fire Camp over spring break; March 17-21, 2025

IF you have any questions, check in with ESQ CAREERS

Career Centre Coordinator: Tarra: tclarke@sd61.bc.ca

Career Teacher: Mr. Henderson: khenderson@sd61.bc.ca

ESQ IS OFFERING

FOOD SAFE



LEVEL 1

CERTIFICATION

WHEN | **FRIDAY FEB.21.2025**

WHERE | **TBD**

TIME | **8:30 AM - 2:30 PM**

bit.ly/esqfoodsafe2025

SPACE IS LIMITED:

Students are responsible for notifying their teachers & completing any missed work

Questions? Contact ESQ Careers:

Tarra: tclarke@sd61.bc.ca | Mr. Henderson: khenderson@sd61.bc.ca

FOOD SAFE LEVEL 1 CERTIFICATION Opportunity

WHEN: Friday February 21, 2025

TIME: 8:30 - 2:30 ALL DAY

WHERE: Lower Cafeteria

- This opportunity is open to ALL students Grade 9-12 but priority will be given to Grade 11 & 12's.
- Students are responsible for checking in with their teachers re: missing work ect.

If Interested, please Sign Up at: bit.ly/esqfoodsafe2025

If you have any questions, please email ESQ Careers:

Tarra | Career Centre Coordinator | tclarke@sd61learn.ca

Career Teacher: Mr. Henderson: khenderson@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.

All Learning Updates will only be shared via Parent Connect and Student Connect. Paper copies of Learning Updates will only be available upon request in person from the office.

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 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/>

Let's Talk Science

Thursday February 20 from 9am-2:15pm Let's Talk Science is sharing a Quantum Computer Science Symposium with students from across Victoria. This full day event is free for all attending and space is limited. Students will be exploring 3D printing, manufacturing, cryptography and quantum computing. Tours will be arranged for students on site. Lunch is not provided (students can bring their own or purchase on campus). The bus will be leaving Esquimalt High School at 8:45 returning at 3pm. For more information, please see Mrs O'Keeffe in room 221.



(qr code is for the google form to sign up)

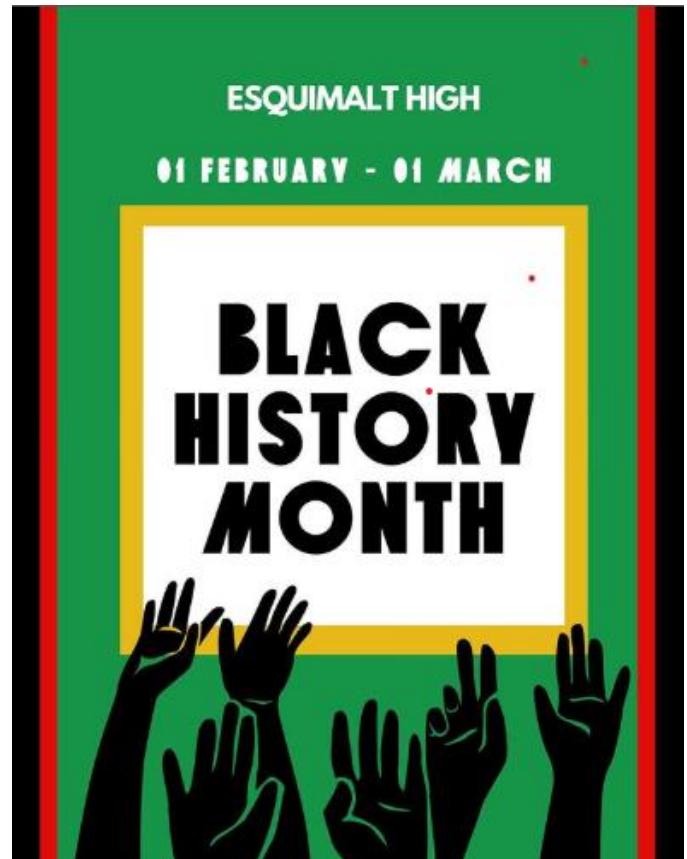
Link to the google form - <https://forms.gle/LzK2XUfrZ38wTXWr5>

Esquimalt High is celebrating Black History Month!

Join us in recognizing and honouring the achievements, contributions, and stories of Black Canadians and communities throughout history.

Library Display: Explore our curated book collection featuring powerful Black voices in literature, history, and beyond.

Esquimalt Ink Articles: Read insightful student-written pieces highlighting Black excellence, culture, and history.



A warm Esquimalt High welcome to our new International Students who are joining us for Semester 2!



ESQUIMALT INK

Cookie Competition
Bake Sale

Are you a **baker**? Do you want a chance to WIN a week's worth of **FREE** cafeteria cookies?

Sign up to submit your baked items! Scan the QR code below for more information.

An email confirmation will be sent out in a few days. Be sure to check your email!



NEW ISSUE of Esquimalt Ink, ESQ's student newspaper

Esquimalt Ink, ESQ's student newspaper is 100% free and accessible and provides student perspectives on different aspects of being a high school student.

Each month, students in the club put lots of volunteer effort into getting the issue published.

Check out the latest issue to read about:

- [Black History Month](#)
- [Love songs for Valentine's Day](#)
- [Groundhog Day 2025 Results](#)
- [Date Spots Around Victoria](#)
- [Our upcoming Cookie competition](#)
- [PLUS check out the full page of games!](#)

Esquimalt Ink is always looking for new members and submissions. Come join us in Room 329 every Wednesday at lunch! If you're interested in submitting a short story, a piece of artwork, a poem, or anything else, be sure to email us at esquimalt.ink@gmail.com. You don't have to join the club to submit content.

Back issues are available under the Activities & Clubs menu on [Esquimalt High School's website](#)

ATHLETICS:

Dockers Sr. Boys Basketball - after a week of cancelled games due to the cold/snow Coaches Tyson & Matt will have the boys ready to go in their playoff match up early next week.

AAA South Island Quarterfinal vs Stelly's

7:30 PM Monday, **February 10 @ Stelly's**

Winner advances to the South Island semi-finals on Tuesday

The season has concluded for all other Dockers Basketball teams. Please congratulate the students for their commitment to the season and many thanks to our very own courtside leaders... Coutts, Zemanek, and Hoffman.

- Jr Boys - lost in their quarterfinal playoff on Wednesday vs Vic High 41-56
- Jr Girls - unfortunately a confluence of circumstances (illness, weather, personal commitment) prevented the girls from fielding a roster for their quarter-final playoff match on Wednesday vs PCS yielding a forfeit.
- Sr Girls - did not qualify for the AAA South Island playoffs.

On the horizon...

Strange as it sounds, the Lower Vancouver Islands Secondary Schools Athletic Association (we need a shorter name) is set to transition from the "Winter" season of play to the "Spring" season of play. Clearly the sporting world needs their own version of Punxsutawney Phil as we seem destined for a few more weeks of frigid temperatures (fun fact: that beloved little rodent predicted 6 more weeks of winter this year).

Spring includes opportunities for students and staff to get involved with the following activities...

- Badminton
- Track & Field
- Girls' Soccer (Jr & Sr)
- Rugby - Girls 7's, Jr Boys 7's, Sr Boys 7's
- Tennis
- Golf
- Ultimate

If you're keen or know of a community member that would be a welcome addition to the Esquimalt Dockers Athletics family... let me know. These students and teams are about to get up and running.

ARE YOU INTERESTED IN TRACK AND FIELD?

For all those interested in competing in Track and Field this Spring. Come to an information meeting Tuesday at Lunch in room 301 or see Ms. Thornber if you can't make it?

Any questions please contact Ms. Thornber at: sthornber@sd61.bc.ca

Dr. Allison Rees

Presents an Eight Week Parenting Course



Sidestepping the Power Struggle

- Learn to work with your child's unique temperament
 - Discover effective parenting strategies
- Develop effective communication skills that create harmony

Based on research, taught by a seasoned educator and therapist, this course will satisfy parents with kids of all ages. Attend in person (location to be announced) or on Zoom.

Eight Tuesday Evenings in Two Parts: Part One: Feb. 18th to March 11th

Part Two: April 1st to April 22nd From 7:00 to 8:30

Go to lifeseminars.com to register



REMINDERS:

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



Reminder about taking photos and filming at Esquimalt: CONSENT is important. BEFORE taking a student or staff members' photo or filming, you must ask for permission first.

Food Programs at Esquimalt:

A reminder that our **Breakfast and Lunch programs** are intended for those students who are experiencing financial hardship/need. While we appreciate that other students may at times need to access breakfast on occasion, we are asking that those students who are able to access food at home please do so.

Please note that the **Rainbow Kitchen "Fridge of Love"** is open and accessible to ALL staff and students, regardless of financial need! 😊

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

ALL SUBJECTS/PROOFREADING
SERVICES AVAILABLE

ESQ Peer Tutors are here to help!

bit.ly/esqtutorrequest



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 – Feb. 10 to Feb. 14

| | |
|----------|----------------------------------|
| Monday | Café Open Menu: To Be Determined |
| Tuesday | Café Open Menu: To Be Determined |
| Wed. | Café Open Menu: To Be Determined |
| Thursday | Café Open Menu: To Be Determined |
| Friday | Café Open Menu: To Be Determined |

 Sharing Our Stories
of Success! 



Our Music students are back from snowy Camp Pringle! By all accounts, a great success! 🎧 🎵!



Awesome last home game Sr. Girls! Incredible effort right to the end. 🏀
Huge thanks to our coaches & families for your support this season. Special shout out to our Grade 12s!



Great close game to end the season. Strong effort boys! Thank you to the coaches and families for all your support this season!