



ESQUIMALT PARENT & STUDENT DOCKER

October 13 – October 17

Mon. Oct. 13	Thanksgiving	NO Scheduled Classes
Tues. Oct. 14	Parent Teacher Meetings Open for bookings Volleyball intramurals start today	Open all day
Wed. Oct. 15	Parent Teacher Meetings Open of Bookings Early Dismissal	Closes at Noon 2:27pm
Thurs. Oct. 16	Parent Teacher Meetings in the Café/Gym Early Dismissal The Great Shake Out	2:15pm 10:16am
Friday Oct. 17	Sailor for a Day (see below)	Application Deadline

SAVE THE DATE



OCT. 20	Alumni Meeting
OCT. 22	Capstone Check in #1 3:30 – 5pm
OCT. 23	VCPAC Education Townhall Spectrum Theatre 6:30-8:30pm
OCT. 24	Professional Development Day No Scheduled Classes
OCT. 29	Halloween Dance



The Great Shakeout Oct 16th at 10:16am

The Great BC Shakeout is an annual province-wide earthquake drill for students to practice how to protect themselves and be better prepared in the event of an earthquake. We will be holding our school drill at 10:16am.

Please Note: The Halloween Dance was changed on the Calendar from Oct. 30 to October 29th

Bell Schedule for October 16 th	
Parent Teacher Meetings	
A Block	8:50 – 10:00
B Block	10:05 – 11:15
Lunch	11:15 – 11:50
C Block	11:50 – 1:00
D Block	1:05 – 2:15

Online Booking for Parent-Teacher Meetings:

***Opened Wednesday, October 8th at 3pm:**

When booking please note:

* You will book one appointment at a time – you need to go through the process below for each teacher you want to book with

* The Parent Teacher Meetings will be in the Gym and Cafeteria

*** Booking closes at noon on Wednesday October 15th**

If you require assistance with booking, please contact the office at 250-382-9226.

Video Instructions:

<https://www.youtube.com/watch?v=wLbr8vhNvYo>

Step by step:

1. Click on the following link:

<https://outlook.office365.com/book/EsquimaltHighSchool@gvds61.onmicrosoft.com/>

2. Click on the selection box according to teacher's last name
3. Click in the section "Select Staff (Optional)" on the drop down arrow to find the teacher's name
4. Click on the interview time you prefer
5. Go to: Add your details and add: Name, Email, Phone Number
6. Go to: Provide additional information Enter your student's name
7. Click the Have Read box reminders that you have selected the teacher you want to meet with
8. Click 'Book' to complete process

NOTE – repeat process for each teacher you are booking with.

Exciting news! Your online gallery from your school Catch Up photo session is now live!

- Please visit this link to access the gallery: <https://vando.imagequix.com/K9L3W9Z>
- The login code to access your images is on the yellow QR flyer your child was given on photo day. Please check with them.
- Any active email address can be used to login.
- **Your order deadline is: October 28 2025** (after the deadline a late fee is applicable)

Missing your login code? No problem!

1. Visit <https://weborders.mountainwest.ca>
2. Click on "Looking for your login code?"
3. Enter the information required.
4. Your code will be emailed within 1 business day.

[Click Here](#) to find out more about ordering.

Phone: 1.888.644.4494

Email: help@mountainwest.ca

WHO WE ARE AT ESQ

Esquimalt High school values **diversity, equity and inclusion**, ensuring that all students, staff and guests feel **safe and respected**. **Relationships** form the foundation of our school community – as such, we strive to create a culture that fosters **belonging and connection** to support **academic success and social-emotional well-being**.



DO's – How We Shine

- Show kindness, respect and inclusivity through our words and actions
- Take care of ourselves, our school and our community
- Arrive on time and ready to learn
- Use technology and resources responsibly, including storing cell phones out of sight unless permitted by the teacher
- Build a safe, welcoming space for everyone
- Choose words and actions that lift others up
- Make healthy choices for yourself and others
- Solve conflicts respectfully
- Be creative, original and honest in your work
- Express your ideas and opinions using respectful, polite and inclusive language
- Step in and speak out if you witness acts that don't align with who we are as a community



CAREERS:



SPRING BREAK OPPORTUNITY: POLICE CAMP

Spring Break | March 14 - 21, 2026 | 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



Interested? Apply directly to the VIC PD Police Foundation

Applications Due **November 14, 2025**

Future Innovators: Empowering Women in STEM

Join us 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:

Date: **Tuesday, October 28, 2025**

Time: **6:30 - 8:30 pm**

Location: **Vic High (1260 Grant Street, Victoria, BC)**

Register for free!

TO REGISTER: <https://www.iwist.ca/events>

The panel represents women from different STEM disciplines and at different points in their careers. Our panelists are:

- [Urnaa Yondon, P.Geo](#), Geoscientist, and Manager, Project and Business Development, Artisanal Gold Enterprises
- [Sherry Rumbolt](#), Senior Cybersecurity Strategist, Treasury Board Secretariat
- [Jovana Vukadinov](#), Data Analyst, Electronic Arts
- [Sandra Khalifeh, P.Eng.](#), Project Manager, Island Technical Installations
- [Emily Robinson](#), Civil Engineering Technology student, Camosun College
- [Jennifer Clark](#), Chief Scientist, Cascadia Seaweed

EXPLORATION EVENT(S)

VIRTUAL POST SECONDARY INFORMATION PRESENTATION

Parents as Education and Career Coaches: EducationPlannerBC

Virtual presentation on Wednesday, October 29, 2025, from 6:30pm-7:45pm.

Parents, families, and supporters: Learn how to explore programs, careers, admission requirements, financial aid, and how to apply to post-secondary in B.C. Especially helpful for families with students in grades 10–12.

Register [here](#) to join our virtual presentation

Check out educationplannerbc.ca to learn more!

For more information, contact support@educationplannerbc.ca

VOLUNTEER OPPORTUNITY

In-School Mentoring: Connecting High School Students with Young Learners

In-School Mentoring is a program offered through Big Brothers Big Sisters that runs throughout the school year on an ongoing basis:

- Each Volunteer Teen Mentor (14 years old and up) is paired with a child (Kindergarten to Grade 5) at a nearby elementary school.
- Mentors and mentees spend one hour together once per week at the school.
- Activities include connecting and sharing interests, playing games and sports, doing arts and crafts, etc.
- Mentors receive training and support.
- Mentors are provided with activity ideas and supplies for visits.

Connect with ESQ Careers for more Information or to Apply

Career Coordinator Tarra: tclarke@sd61.bc.ca | Career Teacher Ms. Martinsen kmartinsen@sd61.bc.ca

Dockside Dispatch Episode 1 for this School Year is all Done!

Our plan is to publish a new episode every two weeks, with a focus on current events around the school and community, highlighting different clubs and groups at ESQ, as well as showcasing any talents from staff and students. There may be the occasional skit or two, but we are aiming for short and sweet this year, trying to keep all videos under 12 minutes. This week's episode is 6.5 minutes long, so it should not cut too much into your raft or focus block!

https://drive.google.com/file/d/1hfg_H2JmgyQExwpr_TLq30EWQmVq0Kh3/view?usp=sharing

EXPLORATION EVENT: TechWorks at Camosun College

Join JABC TechWorks and spend the day exploring future careers through hands on, immersive learning experiences that show how technology shapes every industry.

Who: Grade 9-12 students

When: Thursday, December 4th 9:30am-2:15pm

Where: Camosun College Interurban Campus

Applications due by Wednesday November 04, 2025

Please note: Space is Limited

Connect with ESQ Careers for more Information/To apply:

Career Coordinator Tarra: tclarke@sd61.bc.ca | Career Teacher Ms. Martinsen kmartinsen@sd61.bc.ca



Youth Night



Youth Night will be starting October 2nd from 4:00 PM to 6:00 PM every Thursday at the NLC.



If you enjoy arts and crafts, games, and other fun activities planned by VIRCS staff and volunteers please contact enable@vircsbc.ca for any questions.

Come Join Us!

Mark your calendars! We have a lineup of events planned for everyone. All newcomer immigrant and refugee students in grades 8-12 registered in School District 61 are welcome to join us at the NLC (located at Victoria High School).



Welcome to the Neighbourhood Learning Centre at Victoria High

For access, please enter through the external NLC entrance



FERNWOOD ROAD



Enter off of Fernwood Road, to the right



Please Note: There is no access to the school from the NLC.

Youth Night for newcomers at the NLC at Victoria High School on

Thursdays: I am delighted to announce that again this scholastic year VIRCS (Victoria Immigrant and Refugee Centre) and I are co-hosting a weekly **Youth Night (grades 8 - 12)** for newcomer immigrant and refugee youth at the NLC at Victoria High School. Youth Night will occur on **Thursdays beginning October 2 from 4:00 - 6:00 PM**. See above

for a map of the NLC for your reference as well as a poster about the event. Yes, there will be pizza! 🍕 🗺️

Grade 8 – 12 newcomer immigrant and refugee students are welcome to register anytime for Youth Night with the QR Code on the poster or at the following email address: enable@vircs.bc.ca

Warmest regards,

Samantha Rubin (she/her)

District Multicultural Liaison Support Worker

Email: srubin@sd61.bc.ca Welcome Centre: (250) 475-4157

VCPAC MENTAL HEALTH DAY 2025
VCPAC EDUCATION TOWNHALL

***ENGAGING SPEAKERS.
ENGAGED COMMUNITY.
FOCUS ON
MENTAL HEALTH.***

Thu 23 OCT 2025
6:30 - 8:30 PM PM

Spectrum Theatre
957 Burnside Rd W.
Saanich, BC

Parents, Caregivers, & Students All Welcomed!
Childminding On Site.
Register Now

FREE Pizza & Games For KIDS

Make New Connections
Connect with other parents, PAC members, advocates, and support organizations in your community.

Engage With Speakers
Learn about your rights and discuss new approaches to child and youth mental health.

Access Resources
Get answers to your questions from District Leadership and take home information sheets and handouts.

PANELIST
Rachel Trebilco
District Vice-Principal
Indigenous Education

SPEAKER
Michael Harvey
Information and Privacy Commissioner
of BC

PANELIST
Tracy Humphreys
Director of Operations,
Family Support Institute
of BC

PANELIST
Monique Moore
Registered Clinical
Counsellor

Supporting Community Partners:

Connections Place FamilySmart BOARD GAME Cafe

DOCKER ATHLETICS WEAR:



Docker Athletics Wear! The Docker store is open for general athletic t-shirts and hoodies. Please place your orders by **Monday, October 13th 11:59PM**

<https://store.passionsports.ca/esqdockers/shop/home>



PEER TUTORING AT ESQUIMALT!

The Esquimalt High Peer Tutors are looking for students to help! All grades, all subjects! Use the bit.ly to make a request. Mrs Bjornson will connect with you within 1 or 2 days. Feel free to visit Mrs Bjornson in 211a if you have any questions. ✦ Peer tutoring services are FREE!

Supporting Our Students: Food Programs at Esquimalt

At Esquimalt, we believe that no student should go through the day hungry. Our **Breakfast and Lunch Programs** are here to support those facing financial hardship, ensuring they have access to nourishing meals. If your family can provide meals from home, we kindly ask that you leave these programs available for those who need them most.

For **everyone in our school community**, the **Rainbow Kitchen "Fridge of Love"** is always open! Students and staff are welcome to grab a snack—no questions asked, just kindness shared. 😊

Thank you for helping us take care of one another!

Student and Family Affordability Funding 2025-2026

For those families who require support with costs directly related to school, such as school fees, school supplies, field trips, school sports or school activities, we now have some limited funding available. Please contact Sarah Garr (Principal) at sgarr@sd61.bc.ca if you have any questions and/or would benefit from some support.

Parents' Advisory Council (PAC):

Our Parent Advisory Council (PAC) welcomes all parents and guardians to their meetings. **The next meeting is Nov. 10th at 6:45 pm.** The PAC is an important part of our school, and we value our partnership with our parents. A student's school experience is enriched when parents, staff and students are working together.

Does Your Student Drive to School?

Student drivers will need to **register** for a parking permit to park on school grounds. Please complete the parking permit application attached in full and return it to the office.



Athletics:

Track and Field:

X-Country practices after-school meeting in room 301 at 3:15 on Tuesday and Thursday. Races start September 24th.

Any questions please contact: [Sarah Thornber](#) (BSC, PDPP, SPED)



Volleyball Intramurals:

Volleyball Intramurals will start on October 14th in the Gym.

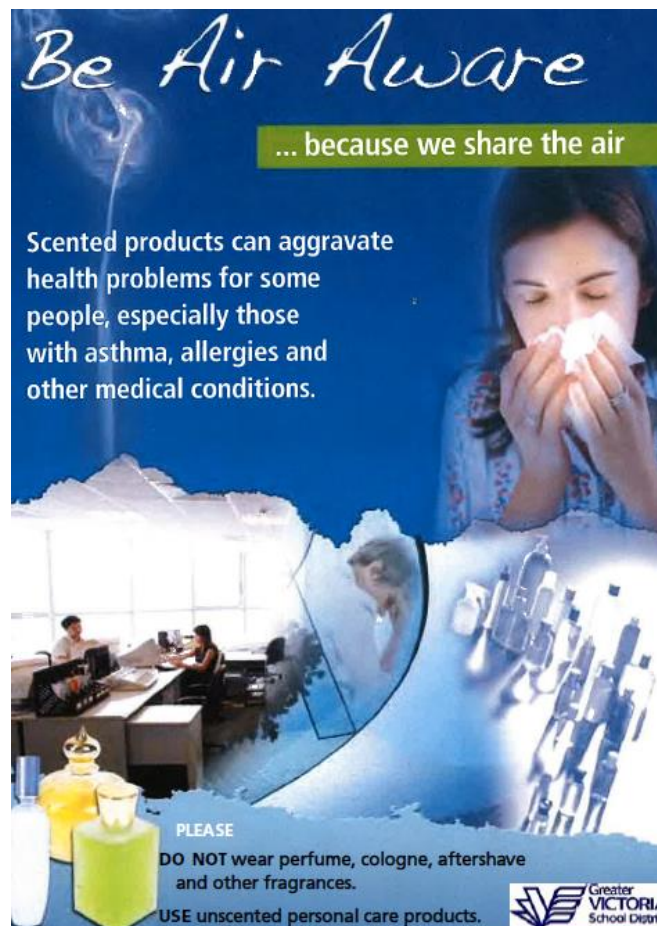
Health and Safety:

ESQ School Nurse

We have Youth Health Clinic at Esquimalt High on Tuesdays 1130-2 in the medical room. Students can access the nurse for general questions during breaks as well as before/after school.

Services provided outlined below:

- **Contraception (birth control) dispensing**
- **Emergency Contraception dispensing (aka morning after pill)**
- **Referrals for IUDs**
- **Pregnancy testing (discuss options, referrals etc if needed)**
- **Sexually transmitted infection testing and treatment**
- **Urinary tract infection testing and treatment**
- **Immunizations**
- **Naloxone administration training and kits available**
- **Free condoms and lube**
- **Sexual health questions/educations**
- **Support following a sexual assault (either support accessing SA resources or can support myself)**



Recycle and Compost!

Improper waste management contributes directly to climate change through greenhouse gas emissions. A few amazing groups of ESQ students will be helping our planet by ensuring proper recycling, composting, and garbage disposal in our school. Do your part and help our planet by using the appropriate receptacles for getting rid of your waste!



Cafeteria: The ESQ Café menu offers a hot lunch, salad and a variety of baked goods daily. The Café accepts cash and reloadable Café cards. Café cards can now be loaded through the student's account on School Cash On-Line.

CAFETERIA ESQ Café Menu – Oct. 13 – Oct. 17

Monday	Thanksgiving No Scheduled Classes
Tuesday	Beef taco, picante salsa, aged white cheddar, iceberg lettuce
Wednesday	Italian sub sandwich
Thursday	Mac and cheese
Friday	Teriyaki chicken noodle box

WHO IS ELIGIBLE?

To qualify as an ideal Rotary Youth Exchange student, you are:

- 15-19 years old (*Long term students must be 16 by September the year they leave and not older than 18 when they return*)
- an above-average student who has demonstrated leadership in your community
- a citizen of Canada or the USA in good health
- open-minded, tolerant and willing to try new things.

ARE YOU READY TO...

- Form international friendships
- Learn new ways to communicate
- Gain a fresh understanding of yourself and others
- Immerse yourself in a different culture
- Appreciate others' ways of doing things
- Act as an ambassador for and educate others about your country

Then you are ready for Rotary Youth Exchange!

HOW CAN YOUTH EXCHANGE ENHANCE MY EDUCATION?

Major colleges and universities throughout the USA and Canada recognize the value of international studies when making placement decisions.

As our world becomes smaller many jobs and areas of study require students to have more than one language.

The Challenge of completing a one-year exchange abroad will better prepare you for the transition to living away from home as you pursue your post-secondary education

WHY SHOULD I ATTEND?

Experience our world in a way that you never thought possible... living in and learning about a different culture first hand changes one's viewpoint on the world we live in and encourages young minds to think globally.

Develop a better understanding of your worldwide neighbourhood... young people who have a desire to make our world a better place will be presented with opportunities in any one of 20 different countries in Europe, Asia and Latin America.

Gain a network of friends that is truly worldwide... the international organization of Rotary brings together students from all corners of our world in the spirit of friendship and understanding.

It's EDUCATIONAL... this is your chance to learn and enjoy The Alps, The Great Barrier Reef, the sand or Rio or the beauty of Budapest. You will see sights that many people will only see in books or on television and they will be part of your world as you become a world traveler.

WHAT'S INVOLVED?

During your time abroad you will be living with one or more host families. The Long Term Exchange program will have you attending high school as well. The Short Term Exchange is a family-to-family exchange, whereby you go out to the other family for 3 to 4 weeks and then return home hosting your host brother/sister here for 3 to 4 weeks. The short term exchange is during the summer holidays, whereas those involved in the long term exchange leave August/September and return the following summer.

Host families are carefully screened by Rotary, so that a safe and caring environment is provided.

Selection interviews are held this fall by your local Rotary Club.

HOW DO I APPLY?

Applications open in September for the following summer (Short term) and school year (Long term) programs.

Apply online @ www.rye5020.org



WHAT IS YOUTH EXCHANGE

Each year, more than 8,000 young people have the opportunity of a lifetime - a chance to live in another country and see the world from a new perspective through Rotary Youth Exchange. This could be your year!

We offer both short term (6 to 8 weeks) and long term (10-11 months) exchange opportunities.

As a Rotary Youth Exchange participant, you will live with host families in a country other than your own. You will learn a new way of living, maybe a new language, and a great deal about yourself.

As you are learning, you will also be teaching those around you as a young ambassador, helping to bring the world closer together, making many new friends in the process.

WHAT IS ROTARY?

Rotary is a global network of community volunteers. Rotary club members are business, professional, and community leaders who provide humanitarian service, encourage high ethical standards, and help build goodwill and peace in the world. More than 33,000 clubs conduct projects to address today's challenges, including illiteracy, disease, hunger, poverty, lack of clean water, and environmental concerns. Rotary Clubs have sponsored successful international Youth Exchanges for more than 30 years. Rotary Youth Exchange programs are open to students ages 15-19.

Rotary
District 5020

SHORT & LONG TERM
rotary
youth
exchange

Promoting world
peace one exchange
student at a time



Follow us @
RYE5020



Rotary
District 5020



rotary
youth
exchange

TAKE ADVANTAGE OF THIS ONCE-IN-A-LIFETIME OPPORTUNITY TO LIVE AND LEARN IN A DIFFERENT COUNTRY, AS YOU SEEK PERSONAL GROWTH AND A BETTER UNDERSTANDING OF OUR WORLD.

For more information about this program or to find a local Rotary Club near you please visit:

www.rye5020.org



Parent Connect: How to Check Report Cards online?

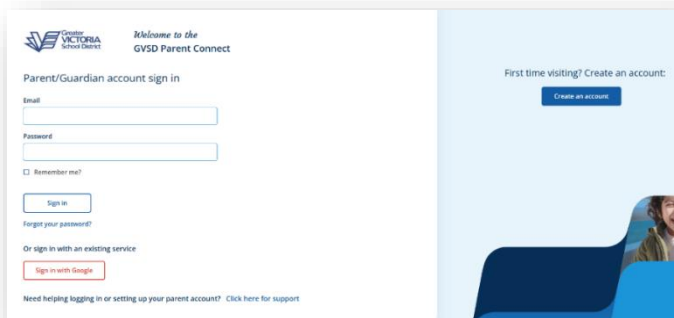
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

Considering that 20% of the students in SD61 speak different languages than English and French, the service also includes Google Translate to support parents who prefer to communicate in other languages.

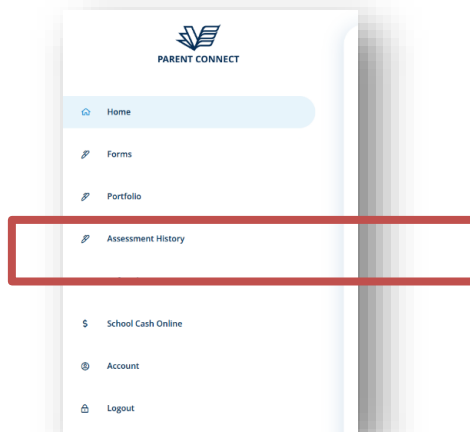
Paper copies will only be available **upon request** in person from the office.

How to create an account and access the system: [Parent Connect instructional video](#) or [PDF Instructions](#)

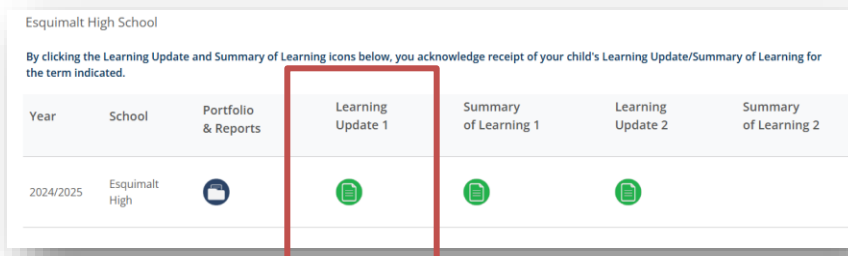
How to access to the Learning updates? Here are the steps



1. Log In to the system with your email and password or with your Google (Gmail) account.
2. If is your first time, click in the blue bottom "Create an account".



3. On the left side panel click on Home. Click on the name of your student, if you only have one Student in the District.
4. Click on "Assessment History".



5. Click on **"Learning Update 1"**. A PDF file will download.
6. Check your Downloads file. Open the Report Card for your student.



SHARING OUR STORIES OF SUCCESS



BOYS Soccer:

Congratulations to our Boys Soccer team for their first win of the season! We look forward to seeing this team build on this success! [#goDockers](#) ⚽



3A GIRLS VOLLEYBALL RANKINGS

OCT. 9, 2025

		PREV.
1	NOTRE DAME	1
2	HOLY CROSS	2
3	POINT GREY	3
4	COLLEGE HEIGHTS	4
5	CROFTON HOUSE	4
6	VERNON	T5
7	VALLEYVIEW	7
8	GEORGE ELLIOT	8
9	YORK HOUSE	9
10	ESQUIMALT	N/A



A Big Congratulations and shout out to our Senior Girls Volleyball Team who has just **ranked #10 in the province!** (see attached post from BC School Sports). They're off to a strong and competitive start in line with securing a spot for the island championships that we are hosting November 14-15th!