



ESQUIMALT PARENT & STUDENT DOCKER

October 20 – October 24

Mon. Oct. 20	Alumni Meeting	
Tues. Oct. 21		
Wed. Oct. 22	Capstone Check in #1 Halloween Dance Tickets go on Sale 🎃	3:30 – 5pm Lunch 🍱
Thurs. Oct. 23	VCPAC Education Townhall Spectrum Theatre	6:30 – 8:30pm
Friday Oct. 24	Professional Development Day	No Scheduled Classes

Coming
Soon

SAVE THE DATE

OCT. 30	Halloween Dance
OCT. 31	Happy Halloween
NOV.1-7	GRAD Photos
NOV. 4	Copernican Day Block A: 9am – 11:30am Block C: 12:30 – 3pm
NOV. 5	Copernican Day Block B: 9am – 11:30 Block D: 12:30 – 3pm

It was great to see so many parents at the parent teacher meetings on Thursday Night.

Thank you to all of our wonderful Teachers!

ATTENTION GRADE 12s - Capstone Appointment #1

CAPSTONE 2026

CHECK-IN
#1

MEETING

22 Oct 2025
3:30-5:00pm

-Assignment #1 Completed
-Bring it to meeting
-Be prepared to chat about it

Classrooms and appointment times
posted on GC and posted in main
stairwell

Esquimalt High School

Literacy/Numeracy Assessment Schedule

Copernican Days: November 4th & 5th 2025

	Tuesday Nov 4th	Wednesday Nov 5th
9:00am- 11:30am	Block A Literacy 10 For all grade 10 students.	Block B Numeracy 10 For all grade 11 students.
LUNCH 11:35-12:25pm		
12:30pm- 3:00pm	Block C Literacy 12 For all grade 12 students.	Block D Grade 12 Catch-Up For all grade 12 students who have missed a prior assessment.

Year at a glance:
January 13th 2026 – LTF12 Written/Oral

On Tue Nov 4th and Wed Nov 5th we will be hosting the Literacy and Numeracy Assessments (Copernican days) – which are BC Ministry of Education Assessments. Both of these days are double-block days for students.

Students: check your school email for confirmation of the assessment you need to write and the date, time and classroom location. Your relevant block A-C teacher will also let you know on the day of. If you are in Grade 12 and have missed a previous assessment, you will write it on Nov 5th in Block D.

Teachers will review the assessment process with students in Block B prior to the assessments. If you want to review the assessment process at home, check out these links:

Literacy 10 assessments: <https://curriculum.gov.bc.ca/provincial/grade-10-literacy-assessment>

Literacy 12 assessments: <https://curriculum.gov.bc.ca/provincial/grade-12-literacy-assessment>

Numeracy 10 assessments: <https://curriculum.gov.bc.ca/provincial/grade-10-numeracy-assessment>

Sonja van der Putten, (she/her/s)

Vice Principal

[École Secondaire Esquimalt High School](#)

Greater Victoria School District No. 61

E. svanderputten@sd61.bc.ca / Office: 250-382-9226

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)

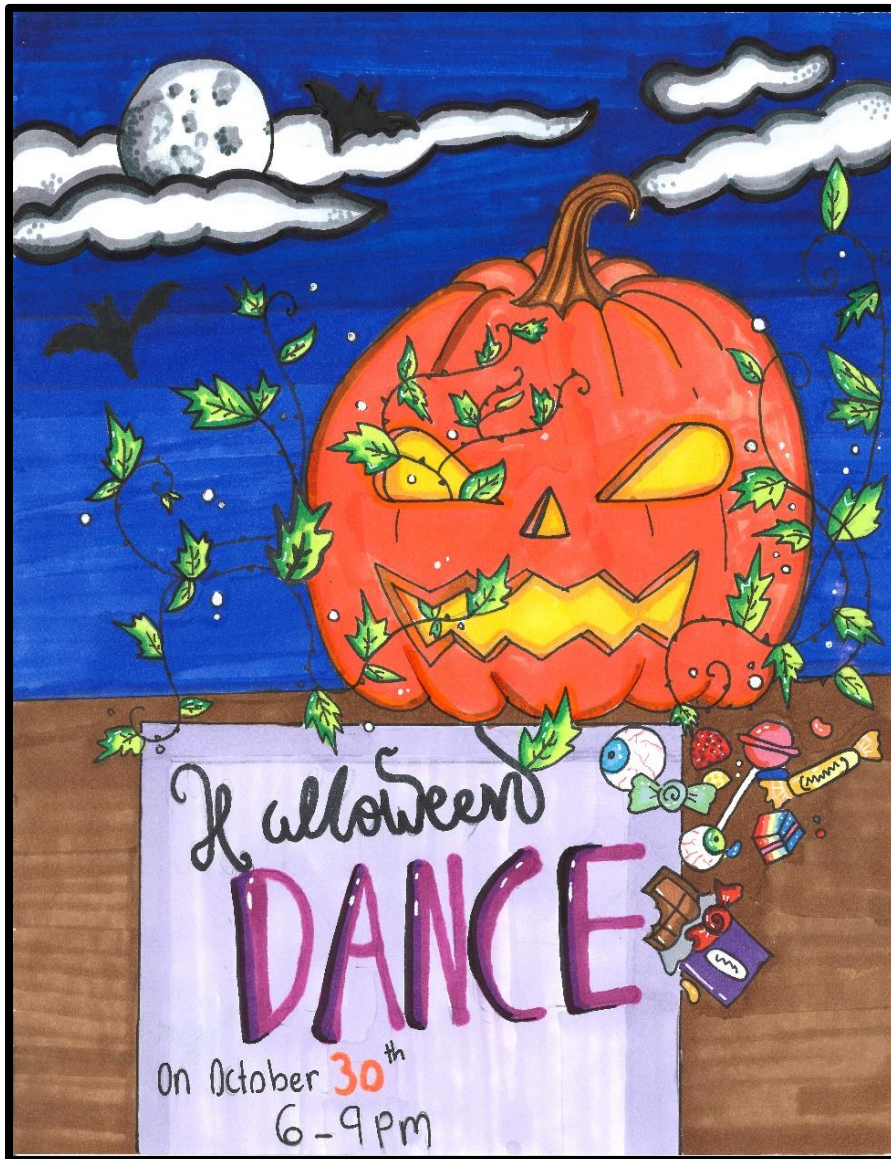
Missing your login code? No problem!

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



Halloween Dance!

Join us on **Thursday, October 30th from 6–9pm** for a night of music, costumes, and fun!

Show off your Halloween style in the **costume contest** for a chance to win prizes! Best individual and best group!

 **Tickets are \$5 and go on sale October 22nd at lunch in the foyer.**

 **Guest forms will be available starting Wednesday.**



Exciting News Esquimalt Grads and Families!

Grad Cap and Gown and Full Length Fashion photos are coming up soon! Photo sessions will take place at the school, in the media room. This environment allows us to provide quality photography within a safe and comfortable location.

Our goal is to provide portraits that CELEBRATE you and your 13 years of academic achievement. In order to appear in your school yearbook and on the commemorative school composite, it is important that you have your graduation photo taken by Mountain West Studios. We are your official graduation photographer!

To book your preferred session times, please visit these links:

Grad Cap and Gown/Fashion - November 3-7, 2025

The sitting fee is \$25 and includes the following year-end memorabilia: diploma folder, grad certificate, mini composite, 5x7 individual ceremony and banquet photos, and 8x10 grad group photo.

[Esquimalt Individual Grad Sitzings](#)

Buddy/Friendship and Family Groups - November 7, 2025

The sitting fee is \$10 per person, per group, and includes 1 complimentary 5x7 for each participant.

[Esquimalt Buddy Sitzings](#)

For more information on how to prepare for your grad sitting, please review:

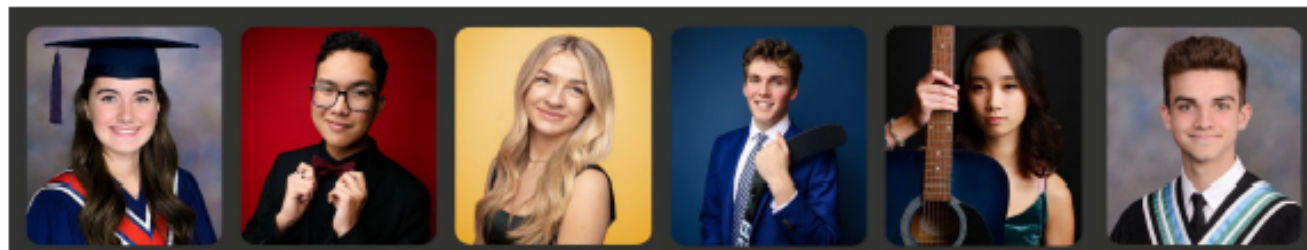
<https://videos.mountainwest.ca/mountainwest/MWSGradVideo.mp4>

<https://www.mountainwest.ca/grad-photos>

Have Questions?

Email: help@mountainwest.ca

Phone: 1.888.644.4494



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



Reference: <https://esquimalt.sd61.bc.ca/student-info/code-of-conduct/>

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

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.



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).



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



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



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**



Scan me!

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

FREE



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:



bit.ly/esqtutorrequest

SIGN-UP FOR

**PEER
TUTORING**

ALL SUBJECTS: ALL GRADES

bit.ly/esqtutorrequest

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.



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)**

Be Air Aware

... because we share the air

Scented products can aggravate health problems for some people, especially those with asthma, allergies and other medical conditions.



PLEASE

DO NOT wear perfume, cologne, aftershave and other fragrances.

USE unscented personal care products.



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. 20 – Oct. 24

Monday	Beef bulgogi, sticky rice, cucumber and scallion salad
Tuesday	Bang bang shrimp bao buns, marinated and breaded shrimp, pickled daikon and carrot, cucumber
Wednesday	Crispy rice cakes, avocado wasabi mouse, house smoked salmon, pickled ginger, pickled chanterelle
Thursday	Pork tenderloin, fried potato pave, poached quince, beet puree
Friday	Pro D No Scheduled Classes

Parent Connect: How to Check Report Cards online?

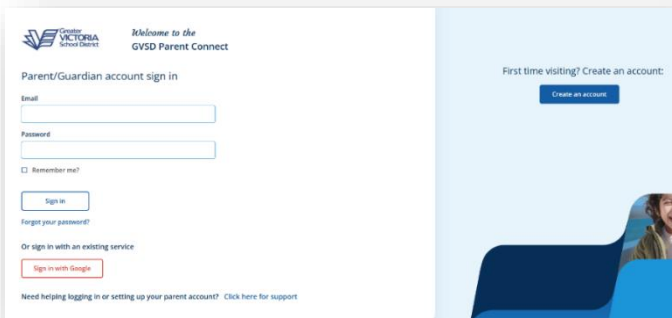
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

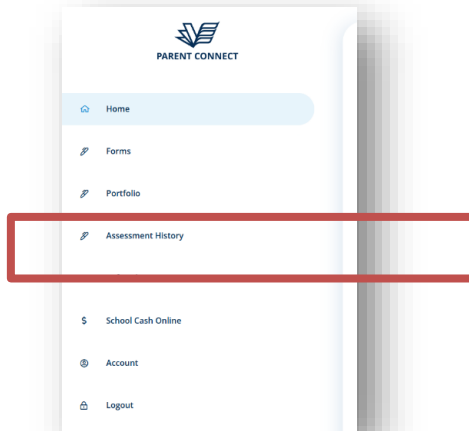
Paper copies will only be available **upon request** in person from the office.

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

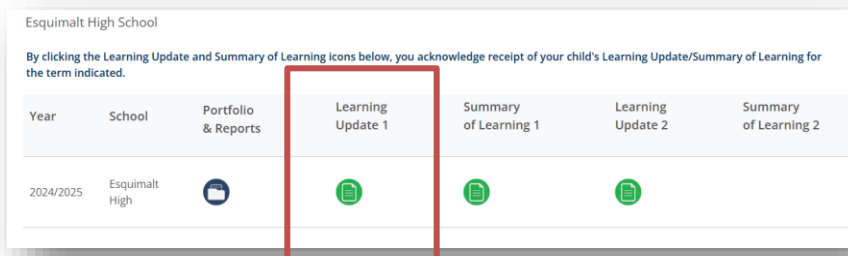
How to access to the Learning updates? Here are the steps



1. Log In to the system with your email and password or with your Google (Gmail) account.
2. If it 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.

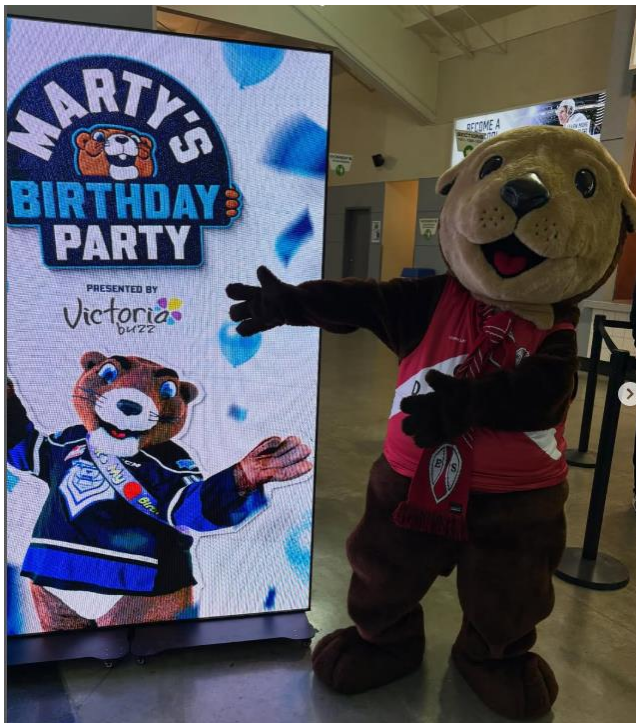


SHARING OUR STORIES OF SUCCESS



GRADE 9 Challenge Retreat:

The Challenge 9 cohort went to the Gorge Vale Pavilion for a day of workshops, games, connecting and mentorship with the Challenge 11s and their 12C mentors. It was a beautiful, autumn day to strengthen community and build vision for the future!



Ollie at Marty's Big Birthday at the Royal's Game



Ollie had a blast celebrating Marty the Marmot's birthday at the Victoria Royals game Saturday Night. Thanks for the invite, Marty!



SHARING OUR STORIES OF SUCCESS



Cross Country

X country had our last league meet. Many top finishers and a full senior girls' team! Macy Eison won the Junior girl's race. Maya Seabaran was 9th in Junior girls and Miriam Wimmen came 9th in the senior girls' race!

Island championships next week at Beaver Lake!