



ESQUIMALT PARENT & STUDENT DOCKER

Nov. 10 – Nov. 14



Mon. Nov. 10	Remembrance Day Assembly Esquimalt PAC Meeting	6:45pm
Tues. Nov. 11	Remembrance Day	No Scheduled Classes
Wed. Nov. 12	Early Dismissal	2:27pm
Thurs. Nov. 13		
Friday Nov. 14	Sr. Girls AAA Volleyball Island Championships Mountain West Studios	AT Esquimalt High Nov. 14 and 15 Retakes see below (Not GRAD)

Coming
Soon

SAVE THE DATE

NOV. 17	Alumni AGM
NOV. 21	Term 1 marks published on Parent Connect
NOV. 21	Pro-D No Scheduled Classes
NOV. 24	BC Post Secondary Day
DEC. 2	Winter Music Concert Part 1
DEC. 4	Winter Music Concert Part 2
DEC. 5	Challenge Winter Social Gym & Cafe

**PLEASE RETURN
FIELD TRIP
FORMS TO THE
OFFICE.**

Important: Self – Reflection on Core Competencies

At the end of each term, students will self-reflect on Core Competencies and set goals for the next term. Students will complete and upload a digital '**Self-Reflection on Core Competencies**' activity each term into GVSD's Student Connect application to share with parents/guardians.

To complete this activity, students can follow these instructions: bit.ly/esqgoals.

Students are asked to upload their completed activity to GVSD Student Connect **before Tuesday, November 20, 2025.**



On Monday Nov 10th 2025, we will be holding two Remembrance Day Assemblies in the gym (Block A – grades 9 and 10/Block B - grades 11 and 12) to honour the courage and sacrifice of those who have and continue to serve our country. Outside our main school office, we have a "Wall of Hope" where students and staff can leave a sticky note sharing ideas on how to make our school, community, and world more peaceful. ESQ students are encouraged to gather to reflect, remember, and show gratitude to those who have and continue to fight for peace and freedom in Canada and around the world.

Lest we forget.

New Edition for Dockside Dispatch:

Here is the latest episode of dockside dispatch for your focus or raft blocks!



<https://drive.google.com/file/d/1lR32Qn0S7M0CXcW3lZeR9PMRotQmvSmy/view?usp=drivesdk>

**ESQUIMALT HIGH
SCHOOL'S**

*12TH ANNUAL
GINGERBREAD
HOUSE SALE
FUNDRAISER*

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

HOUSE KITS \$20.00 EACH

ORDER AT:

<https://bit.ly/esggingerbread25>



**ORDER DEADLINE
NOV. 30, 2025
SEE LINK FOR FULL DETAILS**



GRAD FUNDRAISER:



The poster features a light beige background with a white coffee bean shape in the center. Inside the bean, the text "ESQ GRAD 2026 COFFEE" is written in a bold, orange, hand-drawn font. To the left of the bean is a small orange smiley face icon. To the right is a small orange square. Below the bean, the text "\$23 A BAG - 400 GRAMS" is written in a bold, black, sans-serif font. Below that, the dates "October 29th - November 21st" are written in a bold, black, sans-serif font. Below the dates, the text "THE STICK IN THE MUD COFFEE BEANS" is written in a smaller, black, sans-serif font. At the bottom, a URL is provided: <https://sd61.schoolcashonline.com/Fee/Details/71944/140/False/True>. Below the URL, the text "Purchase - school cash online - or by order form from the office." is written in a small, black, sans-serif font. At the very bottom, the text "Pick-up from the main office December 8th - 19th." is written in a small, black, sans-serif font.

**ESQ GRAD
2026
COFFEE**

☺ **\$23 A BAG - 400 GRAMS**

October 29th - November 21st
THE STICK IN THE MUD COFFEE BEANS

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Pick-up from the main office December 8th - 19th.

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/>





Resume Building

Workshop for
gr. 10-12 students



19 November, 2025



Big Conference Room

During Focus Block



Students must sign up and
attendance will be taken

SIGN UP



bit.ly/esqfbspotlight



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**

SAVE THE DATE - POST-SECONDARY DAY

Wednesday November 26, 2025

BC Post Secondary representatives from Colleges, Universities & Technical Institutes will be at ESQ to answer questions about programs and admissions.

Stay tuned for more details!

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

Athletics:

X-Country:

X-Country is entering into the off season, but we will continue running Tuesday and Thursday after school (prepare for cooler weather and rain) and adding strength training sessions in the morning 7:30 am Monday Wednesday and Friday on school days.

Any questions email Sarah Thornber at sthornber@sd61.bc.ca

Docker Athletics Update:

Fall Season

- **Rowing, Cross-Country, Jr Girls' volleyball and Jr Boys' volleyball** have concluded their seasons. Many thanks to the numerous volunteers, parents, and supporters that provided/guided these opportunities for Esquimalt students to train and compete in Dockers red, white & black.
- **Sr Boys' volleyball** will play their final matches of the season tonight (Thursday, Nov. 6) at Edward Milne. The boys lost their South Island quarter-final last night vs Lambrick Park and were eliminated from contention for the Island Championships.
- **Sr Girls' volleyball** host the **AAA South Island Championship tonight @ Esquimalt (6:00 PM)** vs Stelly's. The Vic Lindal Cup will be awarded to the winner of tonight's match. The girls have qualified for the Island Championships which will be hosted at Esquimalt November 14-15. They are also currently ranked 10th in the Province (new rankings may come out today after writing this).

Winter Season... is coming. Is that an overused Game of Thrones reference from a guy that has never watched the series? (and doesn't intend to)

- Basketball owns the winter season of play. There are no other sports during this time.
- Tryouts and team selections are underway for the **Jr & Sr Boys' basketball teams**. Both of these teams are led by community coaches. If you have any questions about these programs, please connect with me.
- **Girls' basketball teams** are hosting an open gym on Friday after school (tomorrow). Tryouts and team selection will commence next week. Ange and Ally H remain involved in various capacities in addition to community coaches helping lead our student-athletes.
- Super cool... recent alumni Elena Mauro and Napier Levins are assisting with some of our teams.

More details to come specific to the hosting of the AAA Girls' Island Championships at Esquimalt Nov 14-15.

Go Dockers!

Chris Dahl

Athletics, Visual Arts, Photography, Yearbook

Youth Night

Greater VICTORIA School District

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@vircs.bc.ca for any questions.

Sponsors: TELUS, TELUS Friendly Future Foundation, VICTORIA FOUNDATION, HUSCH LEGACY, BRITISH COLUMBIA, Government of Canada, United Way Southern Vancouver Island, FIRST WEST FOUNDATION.

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



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.

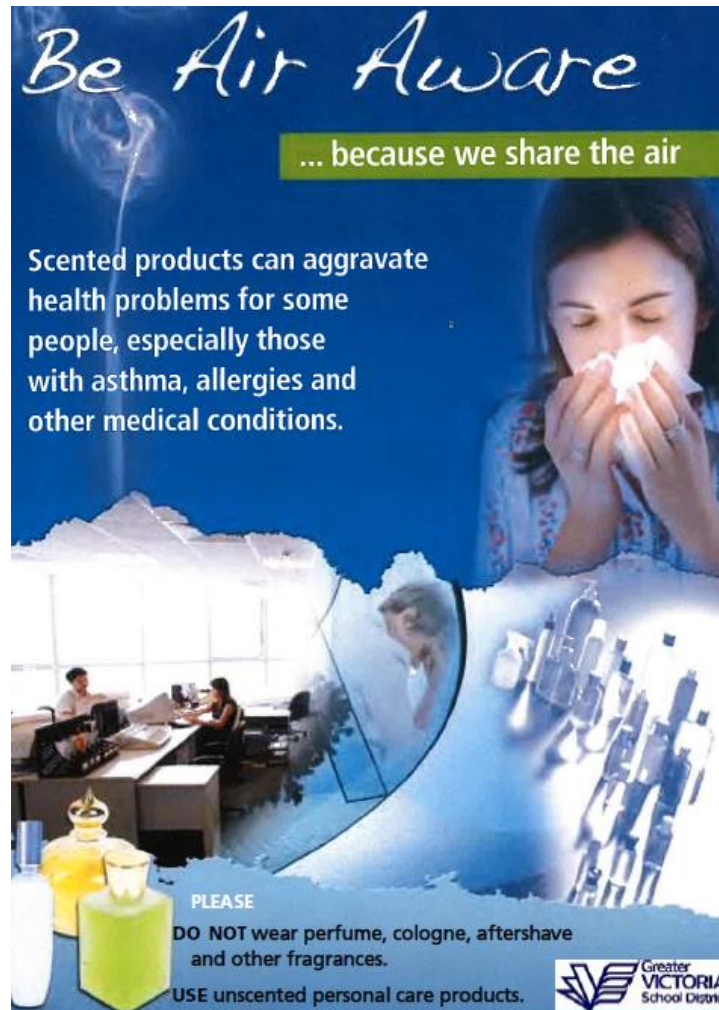


Health and Safety: ESQ School Nurse

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)





Rotary
Victoria-Saanich



BOTTLE DRIVE

10 am – 2 pm

847 Colville Road

Interact 

Saturday, 1 November 2025

1000 x 5 – pre-school Literacy



Saturday, 6 December 2025

Atom Smashers Robotics



Saturday, 10 January 2026

Atom Smashers Robotics

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!



COMPOST (for FOOD waste)!



GARBAGE (for all other waste!)

RECYCLING (blue bins
for CONTAINERS and
BOTTLES!)

Hello Families! This is for regular student photos not GRAD Photos
Exciting news! Mountain West Studios is hosting a community retake photo session on November 14, 2025. If your student missed our photo days or is needing a retake, please see the below details:

- **LOCATION:** Victoria West Community Centre - 521 Craigflower Road, Victoria
- **DATE:** Friday, November 14, 2025
- **TIMES:** 3:00pm to 4:00pm
- Please visit this link [Victoria Community Retakes](#) and sign up by **Sunday, November 9, 2025.**

There is a \$20 deposit to be paid at the time of booking. This will be returned to you as a coupon towards your photo purchase.

A friendly reminder, images taken at this event cannot be used for school services, such as yearbooks and student IDs. Photos will be uploaded to your student's personal gallery only.

If you have any questions, please reach out to Mountain West Studios' customer service team for assistance. Phone: 1.888.644.4494

Email: help@mountainwest.ca

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 – Nov. 10 – Nov. 14

Monday	Mexican street corn mac and cheese
Tuesday	Remembrance Day, No Scheduled Classes
Wednesday	Pulled pork plate, Carolina BBQ pulled pork, baked beans, corn bread and coleslaw
Thursday	New Orleans crispy chicken burger, remoulade sauce, coleslaw, pickled shallots, pickled jalapeno
Friday	Sicilian sausage, roasted pepper, spinach, fontina cheese frittata, house hash browns, Calabrian chili aioli

Parent Connect: How to Check Report Cards online?

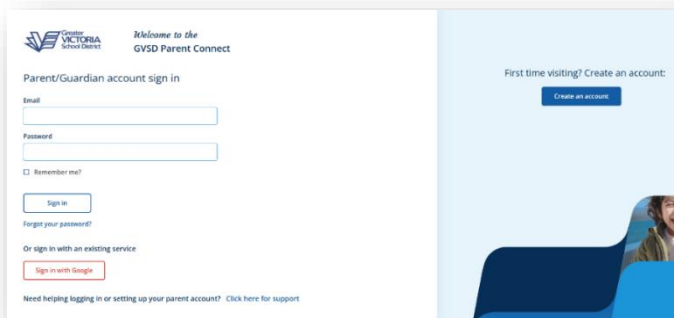
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

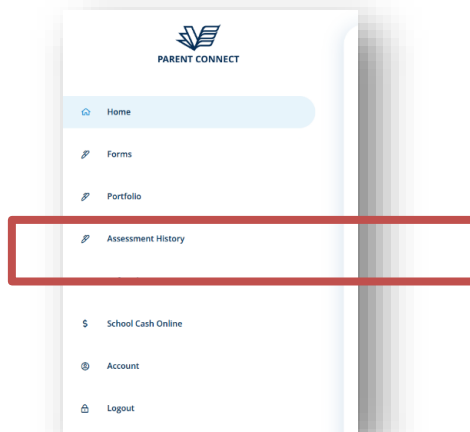
Paper copies will only be available **upon request** in person from the office.

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

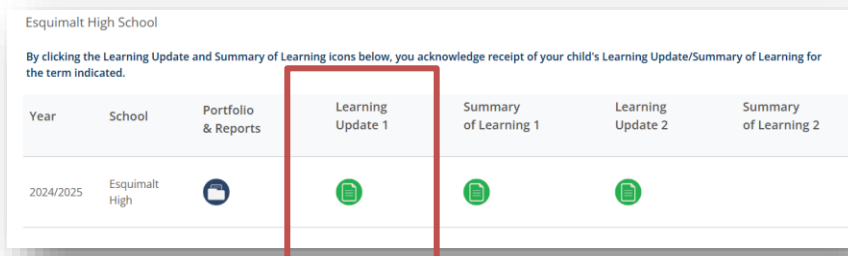
How to access to the Learning updates? Here are the steps



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



Halloween Esquimalt Staff:

Had a Great Halloween!!
In true Esquimalt fashion, we had a marine theme this year - pirates, fish, fisher people, sharks, mermaids and more!



SHARING OUR STORIES OF SUCCESS

ESQUIMALT STUDENT HALLOWEEN DANCE.....



**CONGRATULATIONS TO
OUR ESQUIMALT HIGH
SENIOR GIRLS
VOLLEYBALL TEAM
WINNING THE
VIC LINDAL CUP!!!!
GO DOCKERS**

*Good Morning
Esquimalt.
Sr Girls' Volleyball
brought this "Home"
after a 26 yr
absence.
Go Dockers!*