



# ESQUIMALT PARENT & STUDENT DOCKER

**Feb. 2 to Feb. 6**

Mon. Feb. 2	<b>Welcome to Semester 2!</b>	
Tues. Feb. 3		
Wed. Feb. 4		
Thurs. Feb. 5		
Friday Feb. 6	<b>Make up Vaccine Clinic for Grade 9s</b>	<b>Office Conference Room</b>

## COMING SOON...

<b>FEB. 9</b>	<b>PAC Meeting 6:45</b>
<b>FEB. 9</b>	<b>HPV and Make Up Vaccine Clinic</b>
<b>FEB. 11</b>	<b>HPV and Make Up Vaccine Clinic</b>
<b>FEB. 11</b>	<b>Early Dismissal 2:27</b>
<b>FEB. 12</b>	<b>Deadline for transfer request no later than 3:30pm</b>
<b>FEB. 12</b>	<b>Sem 1 Marks Published</b>
<b>FEB. 13</b>	<b>Professional Development Day No Scheduled Classes</b>

Coming Soon

## School Vaccinations

### 1. Grade 9 Vaccine Clinic Feb 6th 2026 in the Office Conference Room

Immunizations have saved more lives in Canada in the last 50 years than any other health measure. Vaccines are the best way to protect your child against many diseases and their complications. When you get your child immunized, you help protect others as well.

The meningococcal quadrivalent conjugate vaccine and Tdap vaccine are offered to all students in grade 9.

For grade 9 students who **missed** their vaccines, or if you are new to Canada and have not yet received any vaccines, we are offering a vaccine session on Friday Feb. 6th 2026.

It is strongly recommended students stay up-to-date with their vaccines, and our nurses are happy to talk through options with students and families if needed.

More information can also be found: [https://www.healthlinkbc.ca/healthlinkbc-files/grade-9-immunizations-bc?utm\\_source=chatgpt.com](https://www.healthlinkbc.ca/healthlinkbc-files/grade-9-immunizations-bc?utm_source=chatgpt.com)

### 2. Feb 20th 2026 Cancer Prevention Campaign (including HPV clinic) for Grade 11/12 students. This is also a chance for **all grades of** students who may have **missed** vaccines, or aren't sure which ones they've had, to catch up. Nurses can check your vaccination records online.

**Schedules will be viewable for Semester 2 as on January 19<sup>th</sup>**  
**via Parent and Student Connect**

**NO PAPER SCHEDULES WILL BE ISSUED**



## Looking for your Semester 2 class schedule?

You can find it on **Student Connect** and **Parent Connect** Dashboard.



### 1 Log into Student Connect or Parent Connect

Click **Home** on the left panel to see the Student Connect Dashboard.

### 2 Look for Class Schedule under Esquimalt High School



Scan to log into Student Connect

#### Student Connect Dashboard

**Home**

**Forms**

**Lockers**

**The Link Registration**

**Portfolio**

**AssessmentHistory**

#### Student Connect Dashboard

**Ollie**

Esquimalt High School

**Class Schedule**

**Class Schedule**

**Esquimalt High School**

# Parent Connect: How to Check Report Cards online?

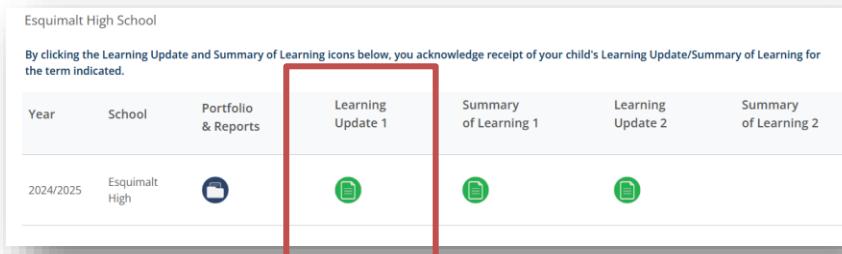
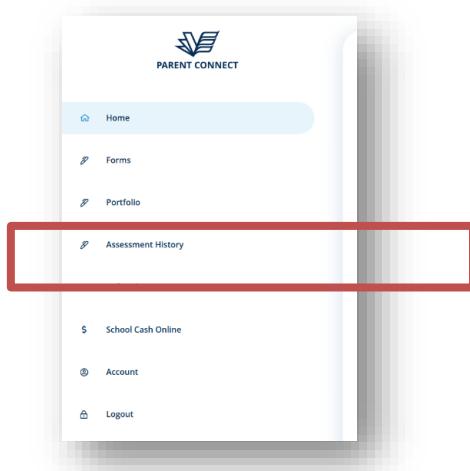
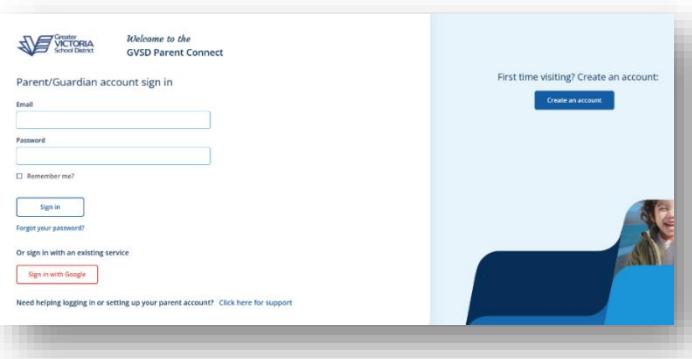
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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 2**”. A PDF file will download.
6. Check your Downloads file. Open the Report Card for your student.

FEB. 24 – MARCH 5

## DISTRICT-WIDE STUDENT PASSWORD RESET

To better protect student accounts, all schools in the district will be updating student passwords. This is a security update to help keep student account information safe.

### WHAT TO EXPECT



Students will be prompted to create a new password between February 24 and March 5



This applies to desktop logins (sd61) and Chromebook / Google accounts (sd61learn).



School staff will be on hand to assist any students who need help changing their password.

### PASSWORD REQUIREMENTS

- ✓ At least 8 characters
- ✓ At least one uppercase and lowercase letter
- ✓ At least one number
- ✓ At least one special character like ! @ # \$ %
- ✓ No spaces



Thank you for your patience and understanding as we work to keep student information safe.

## Six Education Townhalls

Date	Topic	International Day	Speaker	Location
Oct 23, 2025	Mental Health & Well-being	Mental Health Day	SD61: Rachel Trebilco; Monique Moore OIPC: Michael Harvey GVTA: Carolyn Howe FSI BC: Tracy Humphreys	Spectrum
Nov 27, 2025	Inclusive Learning Environments	World Children's Day	SD61: Sean McCartney GVTA: Carolyn Howe FSI BC: Tracy Humphreys	Oak Bay
Jan 22, 2026	Literacy & Numeracy	Int'l Day of Education	SD61: David Hovis; Breanna Glover Sooke District: Dr. Shelby Pollitt	Oak Bay
Feb 26, 2026	Safety & Restorative Justice	World Day of Social Justice	SD61: Sean Powell and Deb Whitten	Esquimalt
Apr 23, 2026	AI & Technology in Education	World Creativity & Innovation Day	SD61: Josh Barks; Tom Aerts OIPC: Oline Twiss	Spectrum
May 28, 2026	Culturally Responsive Practices	World Day for Cultural Diversity	SD61: Shelly Wilton OHRC: Kasari Govender	Reynolds

## Keeping your Bike/Scooter Safe from Thieves

To ensure your bike/scooter is safe from potential thieves, be sure to lock it up correctly and visibly. Use the steps below to ensure your strategy is thief proof!

1. Use a high-quality lock – U-Lock (D-Lock) or a folding hardened steel lock is recommended.
2. Attach your bike/scooter to a designated bike/scooter rack – these are more visible areas and are solid and immovable. If rain is a concern, bring a garbage bag from home and cover your bike during the school day.
3. Lock the frame and the rear wheel
  - a. The frame should be locked through the triangle to the rack.
  - b. Rear wheels are more difficult to remove, so secure them with the frame.
  - c. If using a second cable lock, loop it through the front wheel.
4. Take accessories (e.g. lights, phone mounts, water bottles etc.) with you.
5. Register your bike/scooter with Project 529 Garage -<https://project529.com/garage> (Recommended by VicPD: <https://vicpd.ca/crime-prevention/protect-your-bike/>)

### Optional Extras for Extra-High Security

- Wheel or seatpost security bolts (replace quick-release skewers)
- GPS/airtag hidden in the frame, saddle, or bottle holder
- Use two locks of different types (thieves rarely carry multiple tools)



**Watch:** How do you properly lock your bike?

<https://www.cbc.ca/player/play/video/9.6764188>

**Watch:** How to lock up your electric scooter?

<https://www.youtube.com/watch?v=Frp24eTUZ3I>

# 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/>





ESQUIMALT FIRE & RESCUE  
**FIREFIGHTER ACADEMY**  
 Spring Break 2026

**Hands-On Firefighter Training  
 Grades 10 - 12**

*Interested in saving lives & helping your community?*

**Program Details**

**WHEN:** March 16–20, 2026

**TIME:** 8:30 a.m. – 3:30 p.m.

**WHERE:** Esquimalt Fire Station

**WHO:** Grade 10–12 students

(preference to Grades 11 & 12)

**SPOTS:** **ONLY 8 STUDENTS**

**WHAT YOU WILL DO**

- Hands-on training
- Explore Firefighting
- Build Skills
- Work Together



**ACTIVITIES INCLUDE**

- Firefighter Gear & SCBA
- Handlines & Hydrants
- Fire Attack & Search
- Auto Extrication Tools
- Rescue Scenarios
- First Aid & CPR



**APPLY NOW**  
 LIMITED SPOTS



SCAN TO APPLY  
[bit.ly/esqfirecamp2026](http://bit.ly/esqfirecamp2026)

Questions? Contact ESQ Careers Team:

Tarra Clarke [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca) | Career Educators: Ange Coutts [acoutts@sd61.bc.ca](mailto:acoutts@sd61.bc.ca) | Kristi Martinsen [kmartinsen@sd61.bc.ca](mailto:kmartinsen@sd61.bc.ca)

- **Auto Extrication Tools:** Use rescue tools to cut and access vehicles
- **Rescue Scenarios:** Take part in realistic fire and vehicle simulations
- **First Aid & CPR:** Learn lifesaving emergency response skills

**Program Details**

**When:** March 16–20, 2026

**Time:** 8:30 a.m. – 3:30 p.m.

**Where:** Esquimalt Fire Station | 101–1151 Esquimalt RD

**Who:** **Grade 10–12 students** (preference given to Grades 11 & 12)

Please note **LIMITED SPOTS AVAILABLE**

Interested students Sign Up: [bit.ly/esqfirecamp2026](http://bit.ly/esqfirecamp2026)

Connect with ESQ Careers for more Information/Application

Career Coordinator Tarra: [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca) | Career Teacher Ms. Martinsen [kmartinsen@sd61.bc.ca](mailto:kmartinsen@sd61.bc.ca)

**Spring Break Firefighter Academy –  
 Esquimalt Fire & Rescue**

**Hands-On Training – Explore firefighting.**

**Build skills. Work together**

The **Esquimalt Firefighter Academy** offers an opportunity for 8 **high school students** to explore the world of **firefighting** while building a sense of **community service**. Through a **week-long program** of **supervised, hands-on training**, participants learn the **fundamentals of firefighting** at the **Esquimalt Fire Station**.

**What Students Will Experience**

Students engage in **physical and skill-based activities** designed to strengthen **teamwork**, build **confidence**, and increase **safety awareness**. These experiences provide valuable insight into a potential **career in firefighting or emergency services**.

**Activities Include:**

- **Firefighter Gear & SCBA:** Learn how essential firefighter equipment is used
- **Handlines & Hydrants:** Practice managing firefighting water supply
- **Fire Attack & Search:** Train in fire suppression and rescue techniques

## CERTIFICATION OPPORTUNITY

### **FOOD SAFE LEVEL 1 CERTIFICATION Opportunity**

**WHEN:** Thursday February 19, 2026

**TIME:** 8:30 – 3:16 ALL DAY

**WHERE:** Lower Cafeteria

- Students are responsible for checking in with their teachers re: missing work ect.
- **Limited seats are available:** Open to grade 10 -12 students, but priority is reserved for those students in grade 11 & 12.



If interested,  
please Sign Up at:  
**[bit.ly/esqfoodsafes2](https://bit.ly/esqfoodsafes2)**

## Dual Credit: Earn Post-Secondary Credit While in High School

With next year's course selection coming up, now is the perfect time to explore Dual Credit opportunities — **Trades and Non-Trade options available!**

Dual credit courses **give students the opportunity to take a post-secondary course while still in high school.** **Students earn** both high school graduation credit and post-secondary credit at the same time, **while experiencing** college-level expectations **taught by post-secondary instructors.**

### Why choose Dual Credit?

- **Tuition is fully sponsored by SD61**
- **Credits are often transferable** to other post-secondary institutions
- **Helps reduce the five-course crunch** in your first year after graduation
- **Supports a smoother transition** to post-secondary learning with Highschool Support
- **Strengthens post-secondary applications** by demonstrating readiness for academic rigor

**Connect with ESQ Careers to find out if Dual Credit is a good fit for you!**

Career Coordinator Tarra: [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca) | Career Teacher Ms. Martinsen [kmartinsen@sd61.bc.ca](mailto: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 and Thursday on school days.

Any questions email Sarah Thornber at [sthornber@sd61.bc.ca](mailto:sthornber@sd61.bc.ca)



## **New Edition for Dockside Dispatch:**

**Here is the latest episode dockside dispatch #12!**

<https://www.youtube.com/watch?v=5u2fh1992mY>

## **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](mailto: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 Feb. 9 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.

**Services include:**

- ✓ Contraception (e.g. birth control)
- ✓ Emergency Contraception (e.g. Plan B)
- ✓ STI testing & treatment
- ✓ Pregnancy tests
- ✓ Sexual decision making
- ✓ Free condoms & lube
- ✓ Immunizations

**Need help NOW?**

Scan QR code or visit [www.SexAndU.ca](http://www.SexAndU.ca)

For more resources and other options to get care locally, visit [SmartSexResource.com](http://SmartSexResource.com)

FREE. Confidential. No judgement. Everyone is welcome.

## **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.

### **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)

**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 – Feb. 2 - 6

Monday  
to  
Friday

No Café Service

# I quit for me

Are you thinking about  
quitting or cutting down  
on vaping or smoking?

*Delivered by QuitNow and developed by Health Canada with  
the help of teens, organizations, and researchers.*

Sessions will go over the  
health risks of nicotine use for  
your mind and body, proven  
quit methods, building your  
quit plan, dealing with stress  
without vaping or smoking,  
and staying quit long-term.

**Schedule**  
Begins February 3rd

Tuesdays, 7pm  
45-minute Zoom  
sessions

**Age**  
13 - 18 years

Get a \$10 gift card for  
every session attended

**REGISTER NOW**

Questions? Contact Beth Clark  
[clark@bclung.ca](mailto:clark@bclung.ca)



quitnow.ca



## **Ice Cream, we all Scream for Ice Cream!**

It may be winter, but Community Leadership says ice cream is always in season.

