



# ESQUIMALT PARENT & STUDENT DOCKER

Jan. 19 to Jan. 23

Mon. Jan. 19	Alumni Meeting Schedules for Semester 2 can be viewed online	7:00-9:00pm <b>**Will not be printed</b>
Tues. Jan. 20	Fine Arts Fiasco	
Wed. Jan. 21	Fine Arts Fiasco Job Search Workshop See below for sign up information	Office Confer. Rm
Thurs. Jan. 22	ESQ Music Retreat Parent Meeting 6pm Literacy Family Forum at Oak Bay High Theatre	6:45-8:30pm
Friday Jan. 23	Grade 9 Immunizations	

## COMING SOON...

JAN. 26	Copernican Day Exams: A Block 9am – 11:30am C Block 12:30pm - 3pm
JAN. 27	Copernican Day Exams: B Block 9am – 11:30am D Block 12:30pm – 3pm
JAN 29 - 31	ESQ Music Retreat
JAN 29	Curriculum Completion Day (Attend if invited by Teacher) End of Semester 1
JAN 30	Turn Around Day for Semester 2 Start: No scheduled classes
FEB. 2	Start of Semester 2
FEB. 9	PAC Meeting 6:45

## **IMPORTANT GRADE 9 IMMUNIZATIONS:**

Recently immunization consent packages were sent home through the school for all grade 9 students. If you have not already done so, **discuss the information in the consent package with your child** and include them in the decision to provide consent for immunization. Please **return the completed consent form to the school** in the sealed envelope provided **as soon as possible**.

Grade 9 students can make an informed decision about immunization regardless of their parent/guardian/representative decision to consent or refuse immunization. For more information visit HealthLinkBC: [The Infants Act](#), [Mature Minor Consent](#) and [Immunization](#).

Immunizations will be provided at the school for grade 9 students on **January 23, 2026**.

Contact the local Health Unit at **250-519-5311** if you have any questions or did not receive a package.

**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**

**Parent Connect: How to Check Your Student's Schedule?**

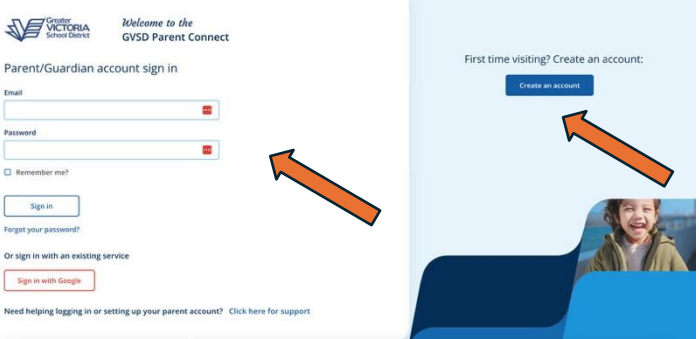
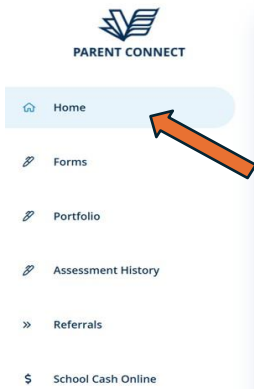

Parent/Guardians can access their student schedules through the [Parent Connect Online System](#). This service reduces the amount of paper forms and allows parents and school staff to review a student's consent information, learning updates and student schedules, on-demand.

**How to create an account and access the system.**

[Parent Connect instructional Video](#) or [PDF Instructions](#).

The service also includes Google Translate to support parents who prefer to communicate in other languages.

**How to access student schedules? Here are the steps.**

	<ol style="list-style-type: none"><li>1. Log in to the system with your email and password or with your Google (Gmail) account.</li><li>2. If this is your first time, click on "Create an account".</li></ol>
	<ol style="list-style-type: none"><li>3. On the left side panel click on Home. You should now see the name of your student(s).</li></ol>
	<ol style="list-style-type: none"><li>4. Click on 'Class Schedule' button, under your student's name. This will allow you to download their schedule.</li></ol>

## **Important Course Change Information for Semester 2**

ALL students wishing to request a SEMESTER 2 course change MUST submit their request by either:

(1) using this link: <https://bit.ly/JAN26ESQcoursechange>

OR

(2) scanning the QR Code below to fill out the request form between JAN 19 and 23



Due to the sheer volume of course change requests **counsellors are unable to meet with each student individually.** After you submit a request - please **check your @sd61learn.ca - school email account for a reply from the counsellor- this will be the main way we communicate changes!**

### **NOTES:**

- "ASSIGNED TIME" on the schedule is an intentional empty block (part-time students)
- Inside the schedule LINEAR classes take up two blocks -will show up as FY - full year- (ex. Linear MATH 10)

**\*\* PLEASE DO NOT USE THE COUNSELLING APPOINTMENT REQUEST form to request a course change at this time. We will ONLY be using the above Bitly and QR code. \*\***

Stay calm and carry on! We will get to your requests as quickly as we are able.



# LITERACY FAMILY FORUM

PRESENTED BY VCPAC



Join us for an inspiring evening dedicated to building stronger literacy foundations in our community. Hear from educators, connect with local families, and discover practical ways to support your child's learning journey.

[Register here](#)

## FEATURED SPEAKERS

**Dr. Shelby Pollitt**

Literacy Coordinator  
Sooke School District

**David Hovis**

Director of Instruction, Learning  
& Inclusion, School District #61

**Breanna Glover**

District Literacy Teacher  
School District #61

- Learn about effective literacy strategies and supports
- Engage with educational leaders
- Discover ways to enhance literacy learning at home and support your child's education
- Open Q&A to share your questions and experiences



**SIGN UP**

**Thursday, January 22, 2026**

<https://forms.gle/dxuvFGcJTKQMhhuw9>

**6:45 PM - 8:30 PM**

**Oak Bay High School Theatre** 2121 Cadboro Bay Rd

Doors open at 6:15 PM, Presenters begin at 6:45 PM

**Pizza and games available for kids!**



## Six Education Townhalls

VCPAC 2025

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

## GRAD AND DOCKER WEAR ITEMS:

We do have a selection of previous years hoodies, sweats, t-shirts and hats for sale during the lunch hour in front of the main office for sale at a discounted price.

Limited selection of colours and sizes - see Mr. Zemanek.

### 2026 Items:

You can purchase this years swag online through School Cash Online or fill in the order form attached below or found in the main office.



#### Grad Wear Items



#### Docker Wear Items



**ESQUIMALT HIGH SCHOOL SPIRIT & GRAD WEAR**  
**2026 ORDER FORM - DEADLINE FOR ORDERS JAN 21, 2026**

**How to Order:**

Order online through School Cash Online or complete the order form below and return it Grad/Docker Wear Sales Table in the hallway Jan 12-21, 2026.

Cash, Cheque, Credit or Debit accepted. Cheques are made payable to "Esquimalt High School".

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name for Name Customization Purchases Only (\*\*PRINT CLEARLY): \_\_\_\_\_

SCHOOL SPIRIT "DOCKER WEAR"							
QTY	ITEM #	DESCRIPTION	OPTIONS	SIZE (SM-2XL) *UNISEX	COLOR (PLEASE CIRCLE)	COST PER ITEM	LINE TOTAL
	E	Hoodie with Small Crest	Base Hoodie		BLACK, ATHLETIC GREY, KELLY GREEN, WHITE	\$35.00	
			Add Name Customization			\$7.00	
	F	Sweat Pant	Base Pant		BLACK, ATHLETIC GREY	\$35.00	
			Add Name Customization			\$7.00	
	G	Hoodie with Full Color Large Crest	Base Hoodie		BLACK, ATHLETIC GREY, DARK HEATHER GREY, DARK NAVY	\$42.00	
			Add Name Customization			\$7.00	
	H	Esquimalt Dockers Hoodie	Base Hoodie		RED	\$42.00	
			Add Name Customization			\$7.00	
	J	Esquimalt Dockers Hoodie with Stripe	Base Hoodie		RED	\$50.00	
			Add Name Customization			\$7.00	
	K	T-Shirt	Base Shirt		BLACK, ATHLETIC GREY	\$25.00	
			Add Name Customization			\$7.00	
	L	Ollie Hoodie	Base Hoodie		BLACK, ATHLETIC GREY, RED	\$57.00	
			Add Name Customization			\$7.00	
	M	Zip Hoodie	Base Zip Hoodie		BLACK, ATHLETIC GREY, DARK NAVY	\$50.00	
			Add Name Customization			\$7.00	
	N	1/4 Zip Sweatshirt	Base 1/4 Zip Sweatshirt		BLACK, ATHLETIC GREY	\$53.00	
			Add Name Customization			\$7.00	
	O	Esquimalt Dockers Hoodie with Small Crest	Base Hoodie		RED	\$50.00	
			Add Name Customization			\$7.00	
GRAD 2026 "GRAD WEAR"							
QTY	ITEM #	DESCRIPTION	OPTIONS	SIZE (SM-2XL) *UNISEX	COLOR (PLEASE CIRCLE)	COST PER ITEM	LINE TOTAL
	A	Large Crest Hoodie	Base Hoodie		BLACK, ATHLETIC GREY	\$40.00	
			Add Gold Print			\$5.00	
			Add Name Customization			\$7.00	
	B	Sweat Pants	Base Pant		BLACK, ATHLETIC GREY	\$40.00	
			Add Gold Print			\$5.00	
			Add Name Customization			\$7.00	
	C	Zip Hoodie	Base Zip Hoodie		BLACK, ATHLETIC GREY	\$50.00	
			Add Gold Print			\$5.00	
			Add Name Customization			\$7.00	
	D	Small Crest Hoodie	Base Hoodie		BLACK, ATHLETIC GREY	\$35.00	
			Add Gold Print			\$5.00	
			Add Name Customization			\$7.00	
					ORDER TOTAL		



**Come out to see some live performances for  
TWO NIGHTS ONLY!**

An original play written, directed and performed by Esquimalt students  
And a number of dance performances, choreographed and performed by Esquimalt students

January 20th and 21<sup>st</sup> Doors at 6:30pm Show at 7pm  
Tickets by Donation with Cash Concession - All proceeds go back to supporting the Performing Arts  
at Esquimalt

## Student Self Reflection and 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](https://bit.ly/esqgoals). Students are asked to upload their completed activity to GVSD Student Connect before Tuesday, January 29.

## 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>

## **Notification: District's Acceptable Use Policy and Student Code of Conduct**

*We are writing to let you know that recently we were made aware of Google Chat activity that was in violation of the School District's Acceptable Use Policy and Student Code of Conduct. Given the limited educational/pedagogical use of Google Chat in the school district, the decision was made to disable Google Chat for students district-wide.*

# 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/>





# Job Search

Workshop for  
gr. 10-12 students

 21 January, 2026

 Big Conference Room

During Focus Block



**Students must sign up and  
attendance will be taken**

**SIGN UP**



[bit.ly/esqfbspotlight](https://bit.ly/esqfbspotlight)

**WE'RE  
HIRING**

**APPLY NOW**



## **CERTIFICATION OPPORTUNITY: Standard First Aid Level 1**

8 HOURS ONLINE + 8 HOURS IN-PERSON - FEBRUARY 13, 2026 (Pro-D Day)

### **SIGN UP DETAILS**

- **Register** at [bit.ly/esqfirstaid2026](https://bit.ly/esqfirstaid2026)
- **Pay the \$20 fee:** Visit Mrs. Bradshaw in the office to complete your payment
- **Check your email:** You will receive instructions for accessing the online modules
- **Complete the online modules by** February 3, 2026
- **Seat Confirmation:** After we verify you have completed the online modules, you will receive an email confirming your secured seat!

### **Please NOTE: SPACE IS LIMITED!**

- We have **more students than available seats** for the online section!
- **Students who do not finish the online module will be unable to participate in the in-person certification**
- Seats will be assigned based on **both payment AND completion** of the online modules.
- Submitting payment and completing the online modules **before February 3** increases your chance of **securing a spot**.

**TO SIGN UP: [bit.ly/esqfirstaid2026](https://bit.ly/esqfirstaid2026)**

### **Connect with ESQ Careers for more Information:**

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 #11!**

[https://www.youtube.com/watch?v=EzbaPgCeAnY&list=PLCGdjG1wUBBL\\_WnNrsPfUB96OHPiHLI4G&index=1](https://www.youtube.com/watch?v=EzbaPgCeAnY&list=PLCGdjG1wUBBL_WnNrsPfUB96OHPiHLI4G&index=1)



## **Youth Night**



Youth Night will be starting October 2<sup>nd</sup> 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](mailto:enable@vircs.bc.ca) for any questions.



## **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](mailto:enable@vircs.bc.ca)

Warmest regards,

**Samantha Rubin (she/her)**  
**District Multicultural Liaison Support Worker**

Email: [srubin@sd61.bc.ca](mailto: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!

### **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.



## **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.

## **Health and Safety:**



**DROP-IN Youth Clinic**

**TUESDAYS  
11:30AM - 2PM  
@ Medical Room**

**Services include:**

- ✓ Contraception (e.g. birth control)
- ✓ Emergency Contraception (e.g. Plan B)
- ✓ STI testing & treatment (sexually transmitted infections)
- ✓ 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.**

island health

### **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)**

# 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 

**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 – Jan. 19 - 23

<b>Mon.</b>	Thai Curry Chicken, Jasmine rice
<b>Tues.</b>	Pulled Pork taco or pulled jackfruit taco
<b>Wed.</b>	Crispy Szechwan pork noodle box
<b>Thurs.</b>	Korean Fried chicken, steamed rice, cucumber gochujang salad
<b>Fri.</b>	Lobster roll, house cut fries

## Host an International Student



### JOIN VICTORIA'S HOSTING COMMUNITY

Short Term Stays (2 weeks - 3 months) & Long Term Stays (5 months +)  
Middle School Students & High School Students

*\$1260 per month provided for student support (pro-rated for short term programs)*



250-592-6871  
homestay@sd61.bc.ca  
www.studyinvictoria.com



# **Parent Connect: How to Check Report Cards online?**

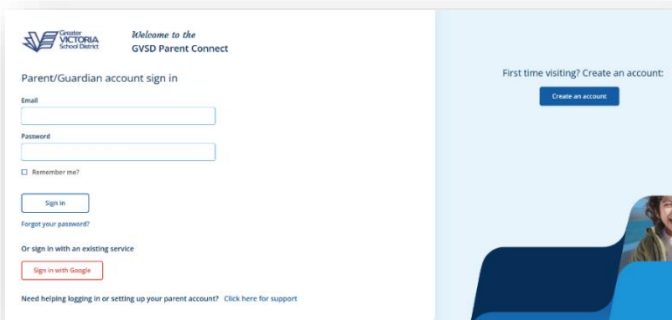
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

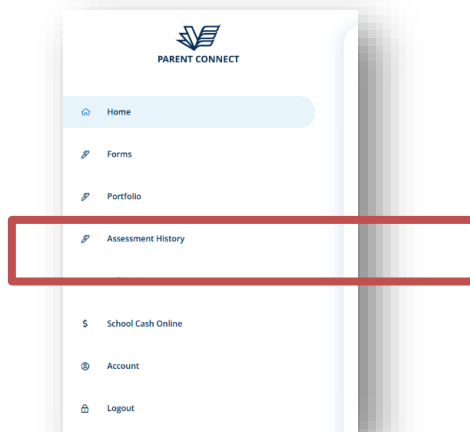
Paper copies will only be available **upon request** in person from the office.

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

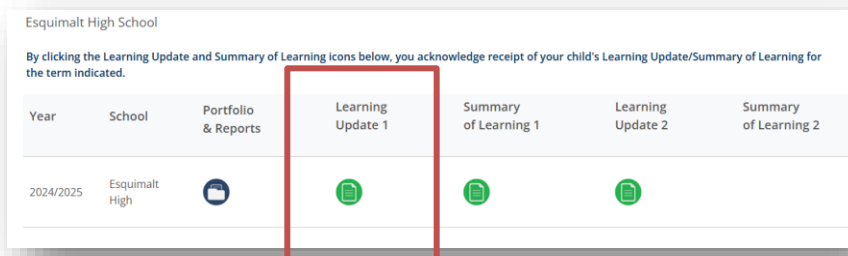
## **How to access to the Learning updates? Here are the steps**



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

**Golden crepes, big smiles, and serious kitchen skills on display in Foods 9/10 today!**

