



ESQUIMALT PARENT & STUDENT DOCKER

Feb. 23 to Feb. 27

Mon. Feb. 23	Student Survey during B Block	Feb. 23-Feb. 27
Tues. Feb. 24	Fire Drill	Block C 12:45 pm
Wed. Feb. 25	District -Wide Student Password Reset Parent Teacher Meeting Bookings Open at:	Feb. 24 – March 5 3:00 pm
Thurs. Feb. 26	Parent Teacher Meeting Bookings Open	
Friday Feb. 27	Challenge Movie Night with Mt. Douglas ESQ Theatre 6-9:30 Parent Teacher Meeting Bookings Open	



COMING SOON...

MONTH OF FEB	Course Selection 2026-27
MARCH 5	Parent Teacher Meeting
MARCH 7	GRAD Swim – In
MARCH 11	HPV clinic

IMPORTANT REMINDER:
Please hand in the **course selection forms** for next year to your **B Block Teacher** or to the office.
Thank You!

Parent Teacher Meetings:

The Block Schedule for **Thursday March 5th** will be:

Bell Schedule for Thursday, March 5th	
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

Early Dismissal at 2:15

Online Booking for Parent-Teacher Meetings

Bookings Open at 3:00pm on Wednesday Feb. 25th

See below for instructions

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 close at noon on Wednesday, March 4, 2026.**

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@gvsd61.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. **Please do not choose "Anyone" as the program will randomly choose any teacher for your meeting.**
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.



COURSE SELECTION 2026/27:

Thank you to our staff and families for a successful week of course selection and planning.

We had many families attend our virtual sessions and our students filled out and handed in course forms this week.

There is one more opportunity to make last minute edits through our COURSE verification process which will occur in the week prior to Spring Break. **If students were absent or have not handed in forms yet- please encourage them to do so ASAP.**

Course information and forms are available on our website at:

<https://esquimaltcourses.sd61.bc.ca/> . The recorded virtual session will also be posted there.

Ally Hoffman, Counsellor

It's time for the Student Learning Surveys!

- **Why:** to inform the Ministry of Education student experiences, to improve schools, to support planning and funding and to balance perspectives
- **For whom:** gr 10, 11, 12, teachers, parents, and administrators

Students will write this survey during their Block B class in the week of Feb 23-27th. Parents are encouraged to also complete the survey

here: <https://www.awinfosys.com/SurveyFull1/central/main/access.asp>

The more participation we have, the better informed the Ministry of Education is about the current needs in our schools. Please take the time to complete the survey! (20-30 minutes in length).

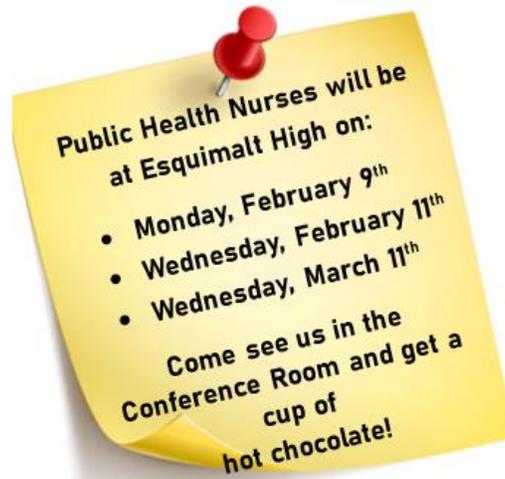
School Vaccinations

HEY YOU,

BOOK YOUR HPV VACCINE!
(IT'S SUPER SAFE AND
ACTUALLY HELPS PREVENT
SEVERAL KINDS OF CANCER!)

ALSO, YOU ROCK!
JUST SAYIN'.

- FUTURE YOU



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.

Password Reset District Wide

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 **affrrmation**.

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 (sd6learn).
-  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



Parent Connect: How to Check Report Cards online?

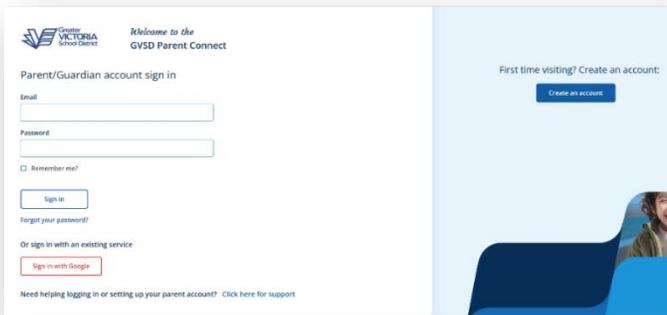
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

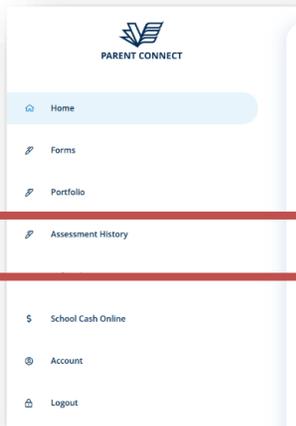
Paper copies will only be available **upon request** in person from the office.

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

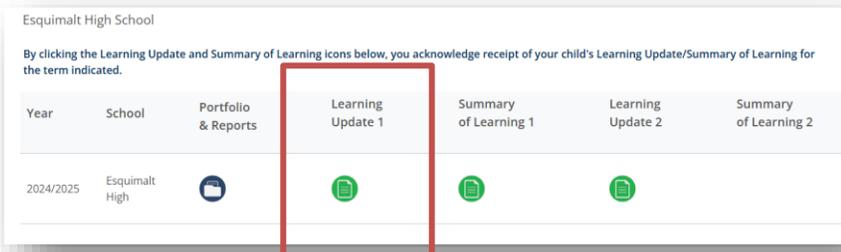
How to access to the Learning updates? Here are the steps



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.

REPORT CARDS AVAILABLE



ON STUDENT AND PARENT CONNECT



New Edition for Dockside Dispatch:

Here is the latest episode dockside dispatch #13!

https://drive.google.com/file/d/1_liK3VgDf8_pAvpc3aPZHC-QQOMqyUAv/view?usp=sharing

ATTENTION, 2026 GRADUATES!

THE GREAT GRAD LOCK-IN

AN EPIC OVERNIGHT HURRAH
MARCH 7, 10PM - 6AM

ESQUIMALT REC CENTRE
\$30 - INCLUDES FOOD, DRINKS, ACTIVITIES FOR THE NIGHT

SWIMMING POOL, GAMES, SPORTS, MUSIC, KARAOKE, FOOD
TICKETS ON SALE - FEB 19- FEB 27TH BY THE MAIN OFFICE AT LUNCH

The Great GRAD Lock-In

March 7th 10pm – 6am



VCPAC SAFETY TOWNHALL

FEBRUARY 26, 2026

ON-SITE CHILDMINDING AVAILABLE!
PIZZA & GAMES FOR THE KIDS.

CREATING SAFE & CONNECTED SCHOOLS

- K-12 Safety Framework
- Data and Trauma-Informed Practices
- Shared Responsibility among Partners

COME SHARE YOUR STORIES & ASK QUESTIONS!

SPEAKERS

- DEB WHITTEN, SD61 Superintendent
- SEAN POWELL, SD61 Associate Superintendent
- GEOFF JOHNSON, consulting expert
- CHRIS CLARKE, GVTA Health and Safety Officer

Feb 26, 2026
6:30-8:30PM

ESQUIMALT HIGH
847 Colville Rd.

FREE TO REGISTER

<https://forms.gle/z3zU9VA64ZAWqz7R8>



VCPAC Safety Town Hall

- Thursday, February 26th, 6:30pm-8:30pm at Esquimalt High
- Onsite childminding with pizza & games available for kids
- Come hear about SD61's safety plan and ask questions directly to the district
 - Speakers include Deb Whitten (Superintendent), Sean Powell (Associate Superintendent), Geoff Johnson (Former Superintendent) and Chris Clarke (GVTA Health & Safety Officer) Please let us know you're coming

here: https://docs.google.com/forms/d/e/1FAIpQLScxqZwe5lz13a8e51vnpERJz7sCli5iX7c8yj4GR_UTRlpB7g/viewform?pli=1

Counselling Department:

ERASE Parent Sessions:

Establishing Safe, Caring and Respectful Digital Communities - Parents, caregivers and youth aged 10 and up.
Feb. 18, April 8 & June 10

Remote Sessions: March 11 and May 13

"This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

Link: <https://pages.saferschoolstogether.com/erase-family-session>

Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion - Parents, caregivers and youth aged 10 and up.

Remote sessions: April 8 & June 10

"This session covers the global issue of bullying, as well as cyberbullying within the Canadian context. The presentation highlights warning signs for if someone is experiencing cyberbullying behaviours, and the steps to take if you are a victim of cyberbullying behaviours. The presentation also explores sextortion, explaining how it occurs, key apps you should be aware of, the role of artificial intelligence in this issue, as well as the necessary steps to take if you are a target of sextortion."

Link: <https://pages.saferschoolstogether.com/erase-establishing-family-practices-for-safeguarding-against-cyberbullying-and-sexortion>

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 **WHO:** Grade 10–12 students
TIME: 8:30 a.m. – 3:30 p.m. (preference to Grades 11 & 12)
WHERE: Esquimalt Fire Station **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

Questions? Contact ESQ Careers Team:
Tarra Clarke tclarke@sd61.bc.ca | Career Educators: Ange Coutts acoutts@sd61.bc.ca | Kristi Martinsen 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

- **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

Connect with ESQ Careers for more Information/Application

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

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 | Career Teacher Ms. Martinsen kmartinsen@sd61.bc.ca

TRADES OPPORTUNITY

Royal Canadian Navy: The Federal Student Work Experience Program (FSWEP)

FSWEP is hiring high school students in grades 11 and 12 for summer positions supporting naval fleet repair work. Students will gain experience in various trade disciplines related to ship repair on the west coast, with 8 weeks of paid work supporting the Royal Canadian Navy (RCN)

APPLICATIONS DUE: April 06th

Connect with ESQ Careers for an Application or for more information:

Career Coordinator Tarra: tclarke@sd61.bc.ca | Career Teacher Ms. Coutts acoutts@sd61.bc.ca

Summer Opportunities:

GRAPHIC DESIGN with Pacific Design Academy

SUMMER 4 week program in July that provides students with: foundational graphic design knowledge, connections to local companies, & enhance soft skills, gain life experience, & foster industry passion. **Earn 4 Graduation Credits!** -

APPLICATIONS DUE: April 17th

FASHION DESIGN with Pacific Design Academy - **NEW PROGRAM!!!**

SUMMER 4 week program in July that provides foundational fashion design knowledge, connections to local companies, & enhance soft skills, gain life experience, & foster industry passion.

Earn 4 Graduation Credits! - APPLICATIONS DUE: April 17th

Connect with ESQ Careers to apply or for more information:

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Athletics:

Track Season:

Track Season starts **April 1 st**. No Fooling.

Training starts on **Monday Feb 9 th!** Monday and Thursday Weightroom at 7:30 am

Tuesday and Thursday after School Meet in the weightroom at 3:30 pm.

Contact Ms. Thornber in room 301 for more information

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

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 April 13 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.

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

For more resources and other options to get care locally, visit SmartSexResource.com

FREE. Confidential. No judgement. Everyone is welcome.

island health

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. 23 to 27

Monday	Pork belly Bao buns Korean BBQ sauce, pickled daikon and carrot, cucumber, sriracha aioli Also available in crispy tofu
Tuesday	Butter chicken Taco, pickle cabbage, mint crème fraiche, mango salsa
Wednesday	Meatball sandwich, house made beef meatballs, sautéed peppers and onions, tomato sauce, provolone and parmesan cheeses
Thursday	Smoked Gorgonzola risotto croquettes, rosemary tomato cream, arugula and micro greens
Friday	Tempura plate, sticky rice, assorted tempura vegetables and prawns, ponzu sauce



SHARING OUR STORIES OF SUCCESS



Basketball

Another successful basketball season for all of Dockers teams is in the books.

Thank you to all of our players and coaches for the energy, hustle, and team spirit you brought to the court this year. So many great moments along the

way.

Special shoutout to the Jr Boys team for an awesome finish.



Be More Than a Bystander

Thank you to the BC Lions Be More Than a Bystander program for visiting our school and leading an important conversation about gender-based violence, consent education, accountability, and the role we all play in creating safer communities.

We are especially grateful to quarterback Nathan Rourke and wide receiver Kieran Poissant for taking the time to speak with our students. Your honesty and leadership helped reinforce the message that real strength is shown through respect,

empathy and speaking up when something is not right.



SHARING OUR STORIES OF SUCCESS

ROBOTICS:

This Saturday and Sunday our robotics teams, 20025 - Esquimalt Atom Smashers and 23809 - Esquimalt Proton Pulverizers will be attending the FTCBC Regionals in Surrey.



If you would like to watch live the link to connect is <https://www.youtube.com/@firstroboticsbc/streams> We will also post a match list on the social media sites. Go Robots !!