



# ESQUIMALT PARENT & STUDENT DOCKER

Feb. 9 to Feb. 13

Mon. Feb. 9	<b>PAC Meeting 6:45</b> <b>HPV and Make Up Vaccine Clinic</b>	
Tues. Feb. 10		
Wed. Feb. 11	<b>HPV and Make Up Vaccine Clinic</b> <b>Early Dismissal 2:27</b>	
Thurs. Feb. 12	<b>Deadline for transfer request no later than 3:30pm</b> <b>Sem 1 Marks Published</b>	<b>Go to Parent Connect for the Learning update (Report Card)</b>
Friday Feb. 13	<b>Professional Development</b> <b>Day No Scheduled Classes</b>	

Coming  
Soon

## COMING SOON...

MONTH OF FEB	<b>Course Selection 2026-27</b>
<b>FEB. 16</b>	<b>Family Day No Scheduled Classes</b>
<b>FEB. 17</b>	<b>Course Planning 2026-27 Assemblies: Students will receive information and rough draft course Planning Sheets</b>
<b>FEB. 18</b>	<b>During Focus Block: GRAD ASSEMBLY *Note date change*</b>
<b>FEB. 18</b>	<b>Course Selection 2026-27 Parent Information Evening 7pm via Microsoft Teams</b>
<b>FEB. 19</b>	<b>Good Copy Course Selection 2026-27 planning forms will be filled out and handed in during Block B</b>
<b>FEB. 19</b>	<b>Winter Dance</b>
<b>FEB. 24</b>	<b>Food Safe Level 1 Certification: Lower Café 8:30 – 3:16</b>
<b>FEB. 24 – MARCH 5</b>	<b>Fire Drill Block C 12:45 pm</b>
<b>FEB. 27</b>	<b>District-Wide Student Password Reset</b>
	<b>Challenge Movie Night with Mt. Douglas ESQ Theatre 6-9:30</b>

## 2026-27 Esquimalt Course Planning:

What to expect:

**Feb. 17:** Course Planning Assemblies: Students will receive information and rough draft course planning sheets

**Grade 10s** during B Block

**Grade 11s** during C Block

**Grade 9s** during D Block

**FEB. 18: PARENT INFORMATION EVENING 7PM VIA MICROSOFT TEAMS**

**FEB. 19: GOOD COPY COURSE PLANNING FORMS WILL BE FILLED OUT AND HANDED IN DURING BLOCK B**



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

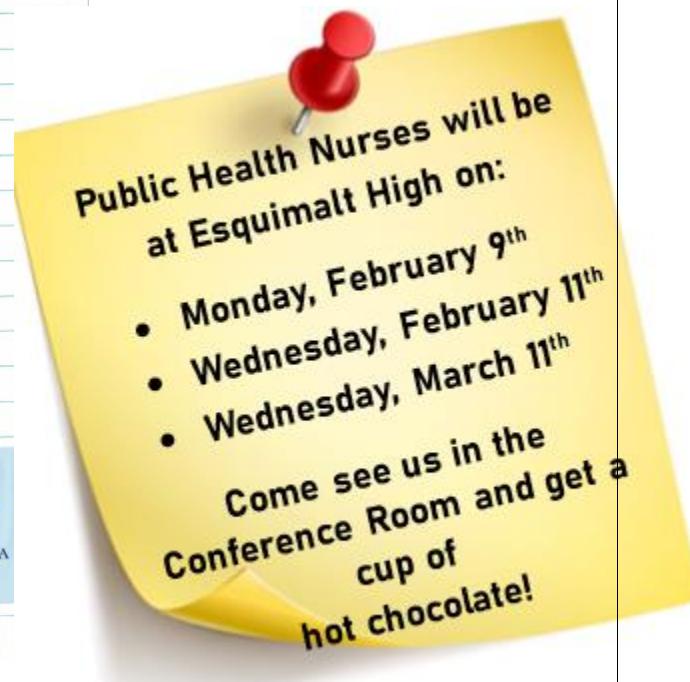


## School Vaccinations

### 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.



## 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).

# Parent Connect: How to Check Report Cards online?

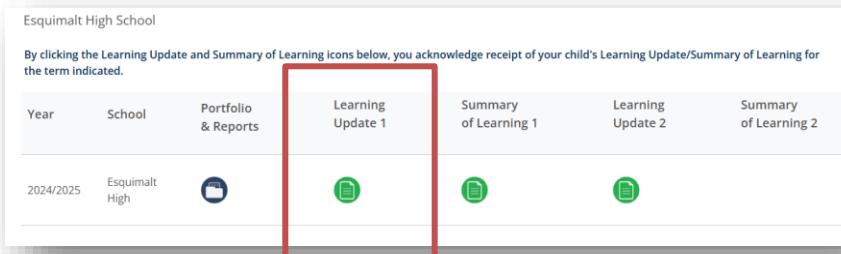
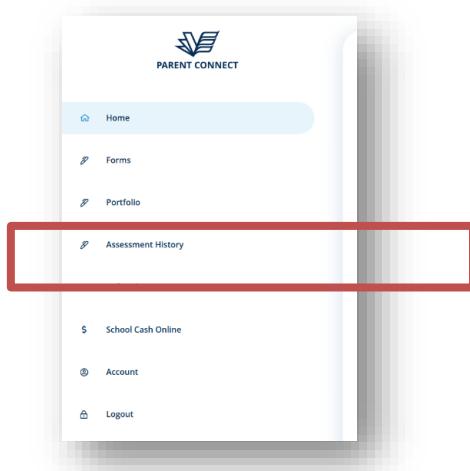
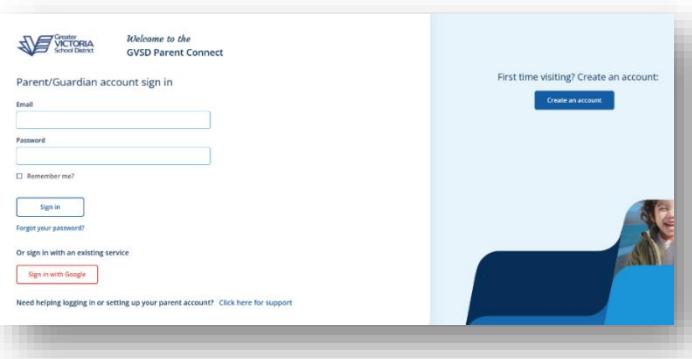
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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 **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 (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.



Rotary  
Victoria-Saanich 

## BOTTLE DRIVE

10 am – 2 pm  
847 Colville Road



Saturday, 7 February 2026  
*Music program*

Interact 

Saturday, 7 March 2026  
*Interact*



Saturday, 7 April 2026  
*Atom Smashers Robotics*

# LET'S TALK ABOUT BC'S DRUG CRISIS



Real questions. Real answers. No judgment.

Wonder what's really going on with toxic drugs in BC?  
Not sure what's fact and what's just rumors?

**VCPAC invites families & teens to come ask your  
questions and hear from people who work on the  
front lines.**



Use the QR code to submit  
your anonymous questions  
ahead of time.

With:

- **Dr. Jill Wiwcharuk**  
Addiction Medicine Physician
- **Davana Harlow**  
Clinical Coordinator, Discovery Youth & Family Substance Use Services
- **Katy Booth**  
Researcher, Canadian Substance Use Research UVIC
- **Shae Perkins**  
Harm Reduction Peer Educator, AVI Health & Community Services
- **Aura Boggs**  
Education Team, AVI Health & Community Services

## SJ WILLIS AUDITORIUM

Wednesday, February 18<sup>th</sup> - 6:30pm to 7:30pm

923 Topaz Ave, Victoria, BC

No wrong questions. Just information and support.

**VCPAC (Victoria Confederation of Parent Advisory Councils)** is hosting an information and Q&A session on the ongoing drug crisis for families and teens in SD61 on **Wednesday, February 18th** from **6:30pm to 7:30pm** at the **SJ Willis Auditorium**. It will be mostly geared to high school students and their families, but families of middle school students or anyone else wanting to know more about the toxic drug crisis are welcome to attend.

The event is a safe, non-judgmental space for students and families to ask questions, hear evidence-informed information, and better understand what the toxic drug crisis means for youth and families in our region. Students & parents can submit questions anonymously in advance of the event through [this Google form](#). I've attached a poster here - I'm hoping you can share with families via any school newsletters/emails/social media and put the poster up at your school?

Here's a link to the Facebook event: <https://www.facebook.com/share/16sQhxxPZq/>

Thank you so much for your support in helping students & families access clear, compassionate information on this very important issue!

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**Kendall Salahub**  
Secretary, VCPAC

# 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>



## New Edition for Dockside Dispatch:

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

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

# 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:

### **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](mailto:sthornber@sd61.bc.ca)

## **Docker Athletics:**

A little **DOCKERS ATHLETICS** update for you as we approach the transition from the Winter Season to Spring Season of play on the BC School Sports calendar. *note: Groundhogs, gophers, and other fossorial beings do not dictate the changing of the seasons.*

### **Dockers Basketball**

- **Jr Boys** - will be competing for the **Div 2 City Championship** on **Monday, Feb 9 @ 4:15 PM at PCS**. The boys will require early dismissal as they will be required to travel to Pacific Christian Secondary by their own means (some may access public transit).
- **Sr Boys** - won their AAA Playoffs "play-in" match last night and advanced to the first round of the **AAA South Island playoffs**. Their next game is **Monday, Feb 9 @ 7:30 PM at Reynolds**.
- **Jr Girls** - wrapped up their season last night after a loss to Stelly's in the second round of the Div 2 playoffs.
- **Sr Girls** wrapped up their season last week.

### **Spring Sports**

- Girls Soccer - Girls, Jr & Sr
  - \*\* BIG NEWS \*\* In addition to the annual Sr Girls' soccer team we are making preparations for a dedicated JUNIOR Girls' soccer team at Esquimalt.
  - See Brandon Aris for additional information.
- Track & Field - Girls & Boys, Jr & Sr
  - Training starts on Monday Feb 9th
    - Mondays and Thursdays 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
- Ultimate - Senior mixed gender
  - See Caterina Williams for more information
- Rugby 7's - Girls & Boys, Jr & Sr
  - Posters are up and around the school
  - Interested Boys meet in the weight room this Friday at lunch.
  - See Moonlight and Thompson for more information
- Golf
  - See Witzke
- Badminton - mixed gender
  - Rak... I'm hoping we can *rally* together for a quick chat about the upcoming season. Nothing too *intense*, just a friendly little *warm-up*. Let's *serve* up a time to meet, get on the same *court*, and make sure we're ready to *smash* it this year.



# 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.

**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.**

## **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. 9 - 13

Monday	Chorizo Mac and Cheese, house made chorizo sausage, caramelized onion mac and cheese, served with salad
Tuesday	Pulled pork taco or pulled jackfruit taco, pickled cabbage, pico de Gallo
Wednesday	Lasagna, beef or vegetarian served with garlic toast
Thursday	Sweet n sour Chicken noodle box also available with tofu
Friday	<b>No Service Pro D</b>

**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



# SHARING OUR STORIES OF SUCCESS

## **THANK YOU TO ALL OF OUR DEDICATED EDUCATIONAL ASSISTANTS!**

EA appreciation lunch! Thank you for all that you do for our students at ESQ! You are the best team. Thank you for a successful Semester 1.



**WELCOME TO Semester 2**