



ESQUIMALT PARENT & STUDENT DOCKER

March 2 to March 6 Welcome to March!!

Mon. March 2	Parent Teacher Meeting Bookings Open Kindness Week	March 2-6
Tues. March 3	Parent Teacher Meeting Bookings Open Gr. 8 Course Selection Info. Parent Night	7pm ESQ Theater
Wed. March 4	Parent Teacher Meeting Bookings Close Off at Noon Music Mosaic	Email teacher directly after 12noon. Afternoon/Evening
Thurs. March 5	Early Dismissal PARENT TEACHER MEETINGS	2:15pm Scheduled for 3-5, 5:30-6:30
Friday March 6		
Saturday March 7	GRAD Swim - In	See GRAD Google Page for Details



COMING SOON...

MARCH 11

Cancer Prevention Clinic / HPV clinic

MARCH 11

Early Dismissal 2:27

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 Close at Noon on Wednesday March 4th

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.

Please note: If there are no appointments available for the teacher, they are probably fully booked. Please email the teacher to make alternative arrangements.

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

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?

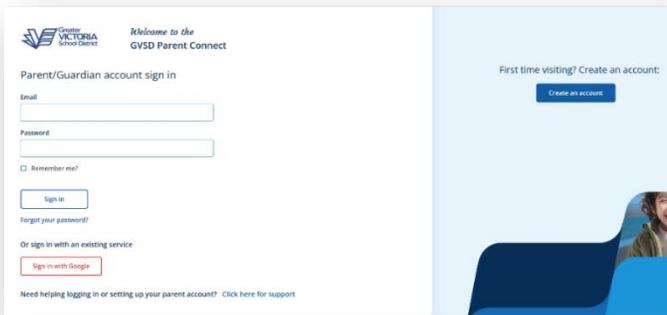
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

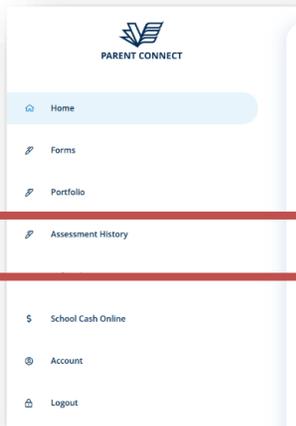
Paper copies will only be available **upon request** in person from the office.

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

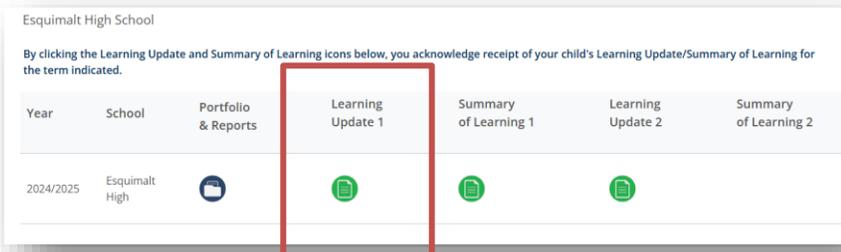
How to access to the Learning updates? Here are the steps



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.



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



FREEDOM TO READ WEEK:

Readers, writers, teachers and libraries celebrated Freedom to Read Week across Canada this past week. Canada's Charter of Rights and Freedoms guarantees that everyone has the fundamental "freedom of thought,

belief, opinion and expression, including freedom of the press and other media of communication." This guarantee of freedom protects our freedom to read, but in many jurisdictions across Canada people have tried to limit others freedom to read what they want.

Esquimalt High School's library provides access to many books that people in various communities and at various times have attempted to ban from schools.

As soon as they saw the display pictured in the accompanying photo, students started asking questions. "Who banned these books?" "Are they available in our school library?" "Why was this book banned?!"

Mr. Orme, Esquimalt High School's teacher-librarian, who put together the display outside the library door on Monday morning, said he had never seen such engagement with a library display.

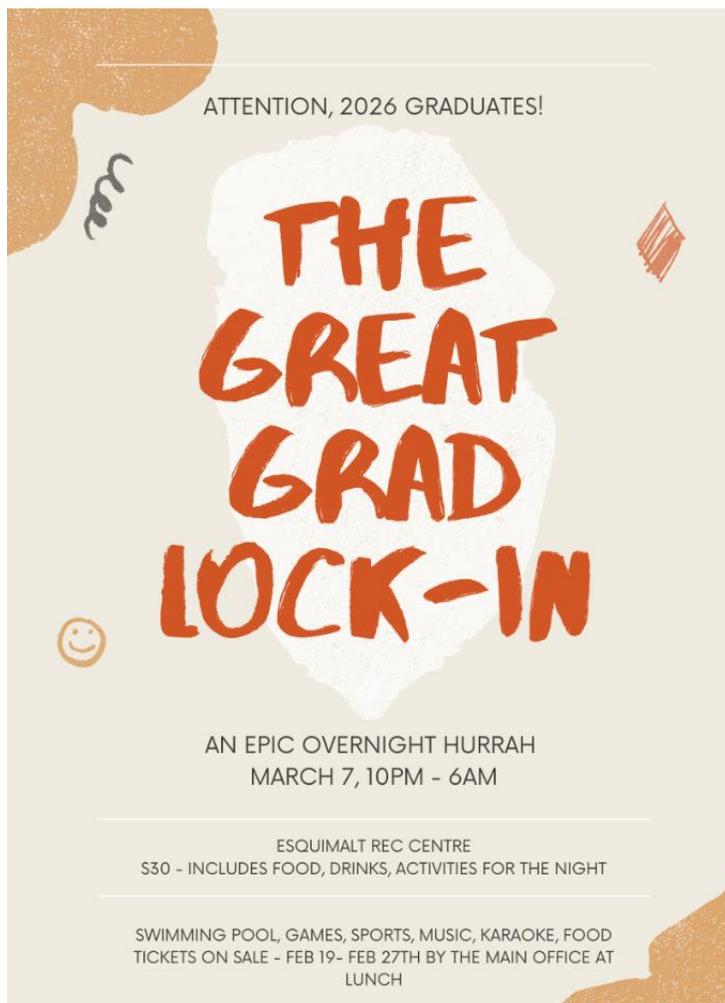
Find out more about book challenges and attempts to ban books with our school library learning commons website esquimaltlibrary.sd61.bc.ca

Geoff Orme (he/him), Teacher-Librarian

The Great GRAD Lock-In

March 7th 10pm – 6am

This Saturday



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

Explore France and Spain Spring Break 2027!



Mr. Stéphane Patenaude is organizing a 12 day international trip to France and Spain for Spring Break 2027. This is a trip booked through EF Tours and is for any students currently in grades 9-11. If you would like to know more, such as the full itinerary and the price, please click on [THIS LINK](#) for a full description of the trip.



There will be an in-person information session in the Theatre at Esquimalt High on Tuesday March 10th from 6:00pm to 7:30pm. Please register for this event using [THIS LINK](#).

If you have any questions, feel free to email Stéphane Patenaude at spatenaude@sd61.bc.ca
Thank you!

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/>





Have Your Post-Secondary & Dual Credit Questions Answered!

Curious about post-secondary pathways or Dual Credit opportunities? Our Academic Counsellors and Careers Team will be available during Parent-Teacher Interviews with an information table set up to answer your questions,

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.

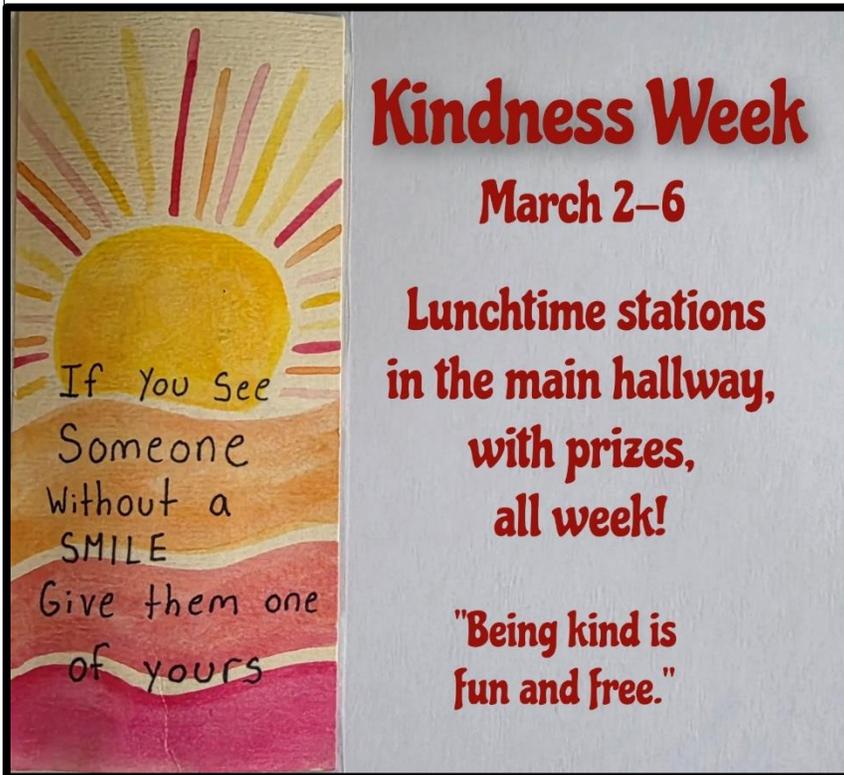
Contact Ms. Thornber in room 301 for more information

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

Soccer Girls Jr.:

Girls game at Royal Bay on Thursday March 5th.

Kindness Week March 2-6!



It's Kindness Week at Esquimalt High School March 2-6! While kindness happens every day, we're taking a week to focus on the good parts of ESQ - being supportive, caring, and inclusive of all. There will be daily lunchtime activities and a week-long kindness quest and prizes!

In a world where you can be anything, be kind. 🤍

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 – March 2 to March 6

Monday	Smoked Gorgonzola risotto croquettes, rosemary tomato cream, arugula and micro greens
Tuesday	Adobo chicken taco, tomatillo salsa, honey jalapeno coleslaw Also available in pulled jackfruit
Wednesday	Lamb burger Spiced lamb burger with caramelized onion jam, farmhouse cheddar, mint yogurt, greens, served with pita chips Falafel burger also available
Thursday	3 cheese Grilled cheese and tomato soup
Friday	Thai Curry Chicken served with Jasmine rice



SHARING OUR STORIES OF SUCCESS



Happy Lunar New Year!

Thank you to our students for providing a sweet treat this morning to celebrate Lunar New Year! Lunar New Year is a celebration that is infused with cultural traditions with deep spiritual meanings. It serves as a reminder of the importance of family, the cyclical nature of life, and the collective hope for a brighter and more prosperous future. 🍵

PINK SHIRT DAY: ESQUIMALT HIGH ROCKS!



“In a world where you can be anything, be kind.” Thank you to ESQ staff and students for demonstrating this on a daily basis! Special shout out to Ms. Lapointe’s Block B Science 9 class for rocking the pink today!