



ESQUIMALT PARENT & STUDENT DOCKER

March 9 to March 13

Mon. March 9		
Tues. March 10		
Wed. March 11	Grade 10 Careers Meeting HPV Clinic Gr 11 and 12 Early Dismissal	Blk C 12:30 Theatre 2:27
Thurs. March 12	Challenge Movie Night	6-9pm Theatre
Friday March 13	Last Day Before Spring Break	



COMING SOON...

MARCH 16-27

Spring Break no scheduled classes: Enjoy

MARCH 30

School Re-Opens after Spring Break Vacation

REMINDER:

SUNDAY MARCH 8TH

Yippy the last time we must change our clocks!!



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

Grade 10 Careers Meeting

When: March 11th C block - 12:30pm

Where: Theatre

Note: All grade 10's will go to their C block classes and will be called down to the theatre shortly after.

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

Grade 11 & 12 Immunizations

Next **Wednesday, March 11th**, nurses from your local Public Health Unit will be at Esquimalt High to provide routine immunizations to those grade 11 and 12 students still eligible for childhood or school-aged vaccines (not including COVID-19 or Influenza). Students can also access immunizations at the health unit by appointment, or at a community pharmacy.

Students in grades 11 and 12 can choose to get immunized on their own, (this is called mature minor consent) or with permission from a parent or guardian. Students under the age of 19 who can understand the benefits of getting immunized, possible side effects after receiving the immunization, and the risk of not getting immunized, can legally consent to getting the immunization or refuse it.

For more information, please contact your local Public Health Unit: <https://www.islandhealth.ca/our-locations/health-unit-locations>.

Sincerely,

The Esquimalt Public Health Unit
250-519-5311

For more information on The Infants Act, mature minor consent and immunization visit:

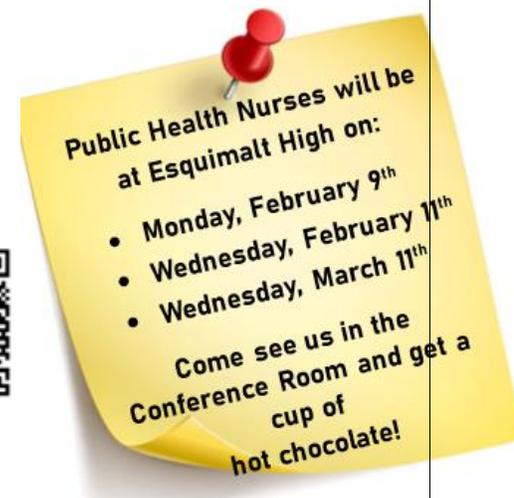
<https://www.healthlinkbc.ca/healthlinkbcfiles/infants-act-mature-minor-consent-andimmunization>



A short video explaining immunizations and mature minor consent is available at:

<https://vimeo.com/231149258>

Please review this video and share with your child.



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



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

Parent Connect: How to Check Report Cards online?

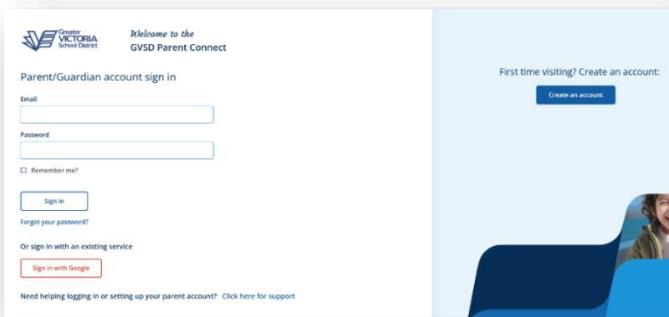
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

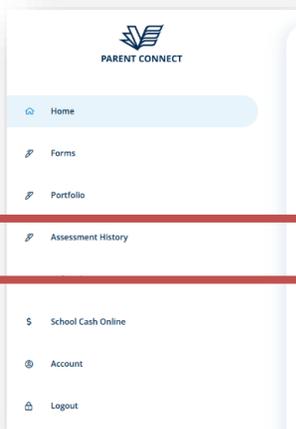
Paper copies will only be available **upon request** in person from the office.

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

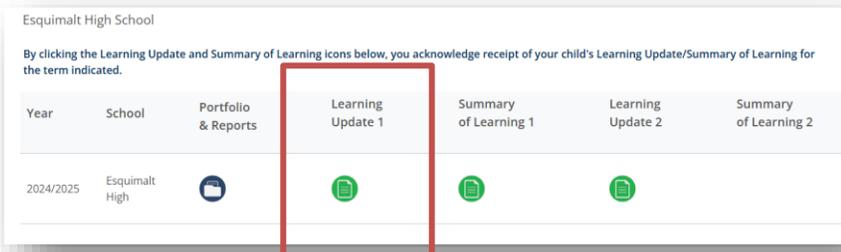
How to access to the Learning updates? Here are the steps



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.

Movie Night for Challenge Students at 6:00 pm 9:00 pm, includes some friendly competition, movie and popcorn. This event is free and open to Challenge students of all grades!

Challenge Movie Night

Thursday, March 12

6:00 – 9:00 pm

Esquimalt High
School Theatre

Movie-Games-Popcorn



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/sextortion. 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-sextortion>



New Edition for Dockside Dispatch:

Here is the latest episode dockside dispatch #13!

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

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/>





Grade 10 Careers Meeting

When: March 11th C block - 12:30pm

Where: Theatre

Note: All grade 10's will go to their C block classes and will be called down to the theatre shortly after.

DISTRICT PROGRAMS Opportunities:

SD61 District Programs offer students an opportunity to **earn certifications, dual credits, pursue apprenticeships, or explore interests** before graduation. The following programs are offered during **2nd semester** at:

- Esquimalt High School **AUTOTECH:** Earn Level 1 Automotive Service Technician
- Lambrick High School **TASK:** Trades Exploration

APPLICATIONS DUE: April 17th

Connect with ESQ Careers to apply or for more information:

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

Ways to Explore Dual Credits

- **Camosun College:** Take a first year course or program: TRADES & NON TRADE OPTIONS AVAILABLE
- **UVIC USTART:** Pick from over 250 first year courses: **USTART APPLICATIONS DUE: April 07th**

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. Coutts acoutts@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:

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

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 9 to March 13

Monday	Chicken and bacon gnocchi, wild mushroom cream sauce
Tuesday	Steak and cheese tacos, grilled sirloin, iceberg lettuce, picante salsa and aged white cheddar Also available buffalo cauliflower taco
Wednesday	Crispy pork belly sandwich, roasted garlic aioli, provolone cheese, chimichurri, pickled cabbage on a ciabatta Also available with tofu
Thursday	Duck confit poutine
Friday	No lunch Today



SHARING OUR STORIES OF SUCCESS

BLACK HISTORY MONTH WAS FEBURARY:



As Black History Month comes to a close, we want to acknowledge the learning and activities that took place at Esquimalt High. Throughout the month, students organized a few initiatives that encouraged reflection and conversation within our school community. In classrooms, teachers incorporated learning about Black history and identity, and our daily announcements highlighted prominent Black Canadians and their contributions. Our Library Learning Commons also featured a book display showcasing works by Black authors. Thank you to the students and staff who contributed and helped bring awareness to the month.

Thank you to Rob and Sebastian from Vancouver Island Blacksmith's Association doing a workshop in Mr. Schneider's Metal class today. Rob and Sebastian are wizards with the hot steel!

