



# ESQUIMALT PARENT & STUDENT DOCKER

April 27 to May 1

Mon. April 27		
Tues. April 28		
Wed. April 29	<b>GRAD Assembly</b>	<b>During Focus Block</b>
Thurs. April 30	<b>Term 3 Marks Published</b> <b>Musical Theatre HadesTown</b>	
Friday, May 1	<b>Musical Theatre HadesTown</b>	
Saturday, May 2	<b>Musical Theatre HadesTown</b>	



### COMING SOON...

<b>MAY 2</b>	<b>Musical Theatre HadesTown</b>
<b>MAY 11</b>	<b>PAC AGM Meeting 6:45pm</b>



### Rainbow Kitchen Student Survey 2026

This survey has been put out in an effort to gain perspective on your experience with the Fridge of Love Program provided by Rainbow Kitchen. All submissions are **anonymous**; we thank you so much for your time and valued feedback!

Link to Survey [here](#)

### **COUNSELLING DEPARTMENT:**

#### **Parent & Educator resources. Video series**

#### **"Suicide prevention and self-harm video series and resources"**

May 7th is Child & Youth Mental Health Day in British Columbia

"This series of informational videos and resources aim to reduce stigma and build the capacity of parents, educators and care providers to identify and respond to youth experiencing suicidal and self-harm behaviours. They were created by an expert child and youth psychiatrist, a team of fellow psychiatrists, and young adults and parents with lived experience.

The purpose of these resource videos is to enhance children and youth's mental health by equipping the various adults in their lives with mental health literacy, strategies and support specific to suicidality and self-harm."

LINK: <https://healthymindsbc.gov.bc.ca/resources/suicide-prevention-and-self-harm-video-series-and-resources/>

## **FREE ONLINE - ERASE Parent Sessions:**

**(1) MAY 13 - Establishing Safe, Caring, & Respectful Digital Communities** -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.

The course is intended for:

Parents/Caregivers/Grandparents and youth aged 10 and up

**Link to Register:** <https://www.eventbrite.ca/e/family-session-may-13-2026-remote-via-zoom-tickets-1407874122399?aff=oddtcreator>

## **(2) JUNE 10 - Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion**

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.

The course is intended for:

Parents/Caregivers/Grandparents and youth aged 10 and up

**Link to register:** <https://www.eventbrite.ca/e/family-session-june-10-2026-remote-via-zoom-tickets-1409383296379?aff=oddtcreator>

## **May 7<sup>th</sup> is National Child and Youth Mental Health Day**

May 7th is National Child & Youth Mental Health Day—a day when we focus on letting our kids know just how seen, heard, valued and LOVED they are. FamilySmart leads this day with the message of "I Care About You," and focuses on the importance of creating caring connections between young people and the caring adults in their lives. May 7th is a gentle reminder that even the smallest moments of connection—like a quick check-in, playing a video game, reading a book, sharing a surprise laugh, or simply listening—can make a world of difference in a child's life.

Link to FAMILYSMART WEBSITE with RESOURCES: <https://familysmart.ca/>

At FamilySmart, our Family Peer Support Workers are the heart of what we do. Family Peer Support Workers are parents who understand the intense emotional struggle of parenting a child with a mental health and/or substance use challenge because we have navigated this journey ourselves.

LINK TO FAMILY PEER SUPPORT: <https://familysmart.ca/family-peer-support/>

## **DID YOU MISS YOUR CLASS OR GRAD PHOTO OR NEED A RETAKE?**

### **Please See Below:**

Mountain West Studios will be hosting a community photo session for students who may have missed the opportunity to have photos taken or would like a retake. We are offering regular school photos for all students, as well cap & gown portraits for grade 12 graduates.

**Date: Friday, May 29, 2026**

**\*we kindly ask that you sign up by Monday, May 25**

**Location:** victoria West Community Centre Reading Room  
521 Craigflower Rd, Victoria

**Sign Up Here:** [Community Retakes - Victoria](#)

### **Please note the following regarding your appointment:**

Regular school photos will require a \$20 deposit. You will receive a discount code in the amount of your deposit, which is redeemable towards any purchase. Students will have 2-4 standard school photos taken and uploaded to a personal gallery.

Grade 12 Cap & Gown photos have a sitting fee of \$35. If you have already been photographed during the original photo sittings, you will receive a \$35 discount, which is redeemable with the purchase of a package. Students will have 10-12 cap & gown photos taken and uploaded to a personal gallery.

All photos taken at this event are made available for personal purchase and will not be included in school services such as yearbooks or composites if applicable.

If you have any questions, please reach out to Mountain West Studios' customer service team for assistance. Phone: 1.888.644.4494 Email: [help@mountainwest.ca](mailto:help@mountainwest.ca)



## ESQUIMALT HIGH MUSICAL THEATRE PRESENTS:

We are very excited to invite you to Esquimalt High School's musical production of *Hadestown: Teen Edition!*

Join us in this contemporary re-telling of a Greek tragedy as we follow Orpheus on a journey to the underworld to save his beloved, Eurydice. Steeped in music inspired by New Orleans jazz, this show is full of valuable lessons about power, freedom, and the consequences of losing trust in the ones you love.

Our company of over 60 students and our live band of community members cannot wait to welcome you to our production. Shows will take place at the Esquimalt High School Theatre on April 24, 25, 26, 30, and May 1, 2. Evening shows start at 7:00PM and the April 26th matinee starts at 2:00PM. Treat yourself to a

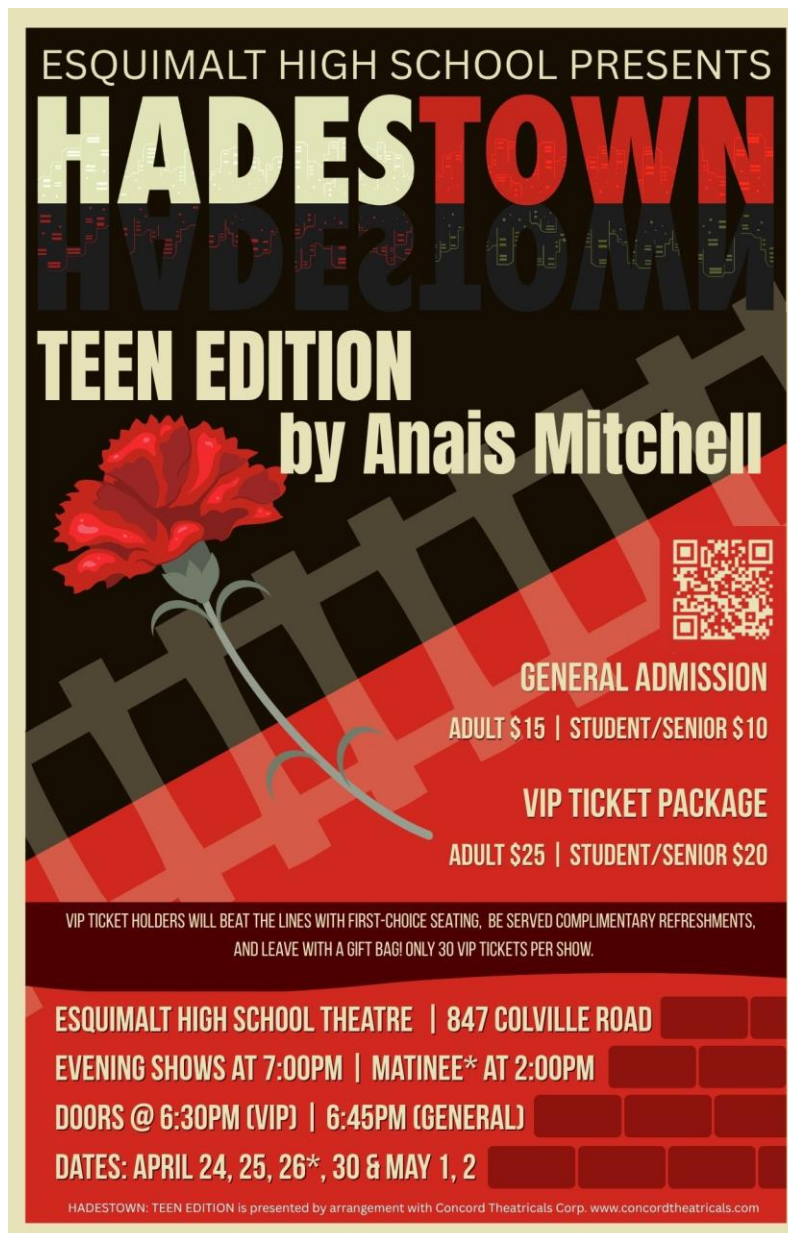
VIP Ticket Package\*, which includes your very own tote bag filled with show-inspired goodies, complimentary snacks, and first pick of seats! For tickets and more information, please go <https://cur8.com/21786/project/138770>.

Please note there is a service fee attached to the online sales. Any refunds or exchanges are done directly through the website. If the cost of the ticket is a barrier, please contact us to arrange tickets.

- Friday, April 24th 7:00PM OPENING NIGHT
- Saturday, April 25th 7:00PM
- Sunday, April 26th 2:00PM MATINÉE SHOW
- Thursday, April 30th 7:00PM
- Friday, May 1st 7:00PM
- Saturday, May 2nd 7:00PM CLOSING NIGHT

\*To fully enjoy the VIP experience we suggest arriving before the doors open at 6:30pm (1:30pm for the matinee).

**Kaehlen Allison** (she/her)  
Music Teacher



ESQUIMALT HIGH SCHOOL PRESENTS  
**HADESTOWN**  
TEEN EDITION  
by Anais Mitchell

GENERAL ADMISSION  
ADULT \$15 | STUDENT/SENIOR \$10

VIP TICKET PACKAGE  
ADULT \$25 | STUDENT/SENIOR \$20

VIP TICKET HOLDERS WILL BEAT THE LINES WITH FIRST-CHOICE SEATING, BE SERVED COMPLIMENTARY REFRESHMENTS,  
AND LEAVE WITH A GIFT BAG! ONLY 30 VIP TICKETS PER SHOW.

ESQUIMALT HIGH SCHOOL THEATRE | 847 COLVILLE ROAD  
EVENING SHOWS AT 7:00PM | MATINEE\* AT 2:00PM  
DOORS @ 6:30PM (VIP) | 6:45PM (GENERAL)  
DATES: APRIL 24, 25, 26\*, 30 & MAY 1, 2

HADESTOWN: TEEN EDITION is presented by arrangement with Concord Theatricals Corp. [www.concordtheatricals.com](http://www.concordtheatricals.com)



## ATTENTION GRAD FAMILIES:

### **TICKET SALES OPEN TUESDAY APRIL 7th ONLINE**

UVIC TICKET INFORMATION \*\*\* this is a NEW ticket purchasing process!\*\*\*

All students eligible for the Grad ceremony should have now received an email from the UVIC box office

- Tickets will be \$10 each (plus \$1.50 service charge per ticket)
- No more than 4 per family - more MAY be sold closer to the date- we will email families in May regrading this process. PLEASE NOTE: We have had over 70 families express a need for extra tickets so there will be limited availability- stay tuned- we are really hoping we can fit everyone in!
- All Ceremony tickets are processed through the UVic Ticket Centre ONLINE  
[https://purchase.tickets.uvic.ca/Events?attribute\\_Genre=Event](https://purchase.tickets.uvic.ca/Events?attribute_Genre=Event) or in person at UVIC box office
  - Families must create an account with the STUDENT EMAIL (@sd61learn)- PLEASE DO THIS A FEW DAYS PRIOR TO TICKET SALE DATE
  - All persons entering the Auditorium for the event via the lobby must have a ticket, including babes-in-arms and toddlers (grads do not need a ticket- they are the show!)
  - **Accessible seating is limited. Accessible seating must be purchased directly via the box office in person or by phone 250-721-8480** The UVic Ticket Centre is located in the lobby of the Jamie Cassels Centre B Wing, where the Auditorium is located. Hours of operation are Monday to Friday, 9:30am –4:00pm.
  - TICKET confirmations will be emailed to students' SD61 emails (@[sd61learn.ca](mailto:sd61learn.ca)) and the e-tickets will be released one week prior to event
- Please reach out to a counsellor or administrator if you need financial assistance with the tickets- this will be kept confidential

**E-Tickets will be sent to the student sd61 email.**

**PLEASE ENSURE YOU REQUEST ANY REQUIRED ACCESSIBLE SEATING BY ordering by phone or in person**

**see above**

**All students accounts have been created. For your first time logging in you will need to reset your password. We HIGHLY recommend you do this before the on-sale date.**

**If using a mobile device, we recommend turning in landscape to see the full menu.**

## Parents' Advisory Council AGM PAC MEETING:

Our Parent Advisory Council (PAC) welcomes all parents and guardians to their meetings. **The next meeting is AGM PAC Meeting on May 11<sup>th</sup> at 6:45pm.** 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.

## 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.



If you have any questions, feel free to email Stéphane Patenaude at [spatenaude@sd61.bc.ca](mailto:spatenaude@sd61.bc.ca) . Thank you!"



Esquimalt High Robotics Team  
Going to World Championships!



check out our video!

Team 7287 won FIRST's most prestigious honour: **The IMPACT Award** not by making robots - by *building up and giving to our community*

### Urgent Fundraising Help Needed!



Help get us there

All programs & travel made possible by sponsors and community donations.  
We receive no government funds  
World Championship expenses (est. \$71,000) far exceed entire annual budget!  
**Goal:** Raise \$50,000 by April 15, so **all** team members can attend!

I M P A C T	OVER <b>300,000</b> People introduced to robotics over last 3 years	<b>155 +</b> Students This Year	<b>75+</b> FIRST LEGO LEAGUE Students	<b>60+</b> FIRST TECH CHALLENGE Students	<b>20+</b> FIRST ROBOTICS CHALLENGE Students
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**ACCESS  
CREATES  
OPPORTUNITY**

Our team members provide:  
**FREE** robotics summer camp  
**FREE** primary school Lego robotics coaching to students and teachers  
**FREE** community coding workshops

**INCLUSION  
CREATES  
BELONGING**

tax deductible

**DONATE**



**SPONSOR**  
brand exposure



Contact: [tokeeffe@sd61.bc.ca](mailto:tokeeffe@sd61.bc.ca)    [EsqAtomSmashers@gmail.com](mailto:EsqAtomSmashers@gmail.com)    [EsquimaltAtomSmashers@gmail.com](mailto:EsquimaltAtomSmashers@gmail.com)

# Parent Connect: How to Check Report Cards online?

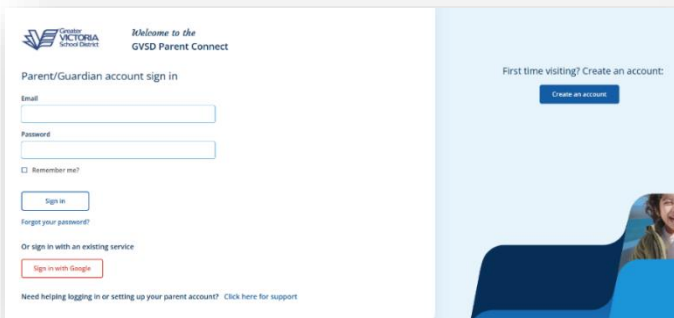
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

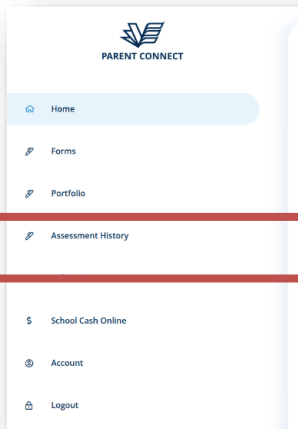
Paper copies will only be available **upon request** in person from the office.

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

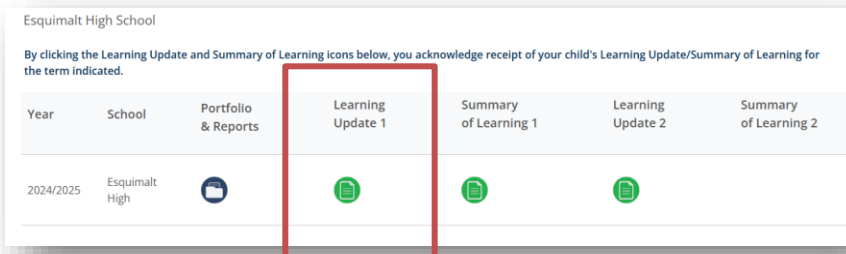
## How to access to the Learning updates? Here are the steps



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 2"**. A PDF file will download.
6. Check your Downloads file. Open the Report Card for your student.

# 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/>



## SPRINGBOARD OPPORTUNITIES

### HEALTH EXPLORATION DAY @ Camosun

ESQ Careers will be taking interested students to an Open house at Camosun to learn about Health Pathways, Dual Credits and Camosun Programs Including Practical Nursing, Health Care Assistant, Medical Radiography & Certified Medical Lab Assistant

#### Health X Day

**WHEN:** Wednesday May 6 2026 | 9:30am - 12:00pm

**WHERE:** Camosun College Interurban's Center for Health & Wellness

**WHO:** Open to Grade 10 & 12 Students

**APPLICATIONS DUE: Thursday April 30, 2026**

#### **Women In Trades and Technology (WITT) | Camosun College**

On Thursday April 30, 2026 | 9:45am - 1:45pm in partnership with Camosun College. This one-day event highlights **Camosun College's trades and technology departments** through hands-on, interactive activities. For all students that identify as female in Grade 10 -12. **Limited seats available. APPLICATIONS DUE: April 27th**

## **VOLUNTEER OPPORTUNITY: Step Up Youth Program - Explore Careers In Healthcare**

High school students (ages 14–18) can explore careers in healthcare through the **Step Up Youth Volunteer Program**. Participants gain hands-on experience in hospitals or long-term care homes while practicing Island Health's **C.A.R.E. values**: Courage, Aspire, Respect, and Empathy.

Volunteers commit to **one 2-hour shift per week from September to April**, helping with activities such as administrative support, social engagement with patients and residents, musical entertainment, and special events. Volunteers can also attend a **monthly guest speaker series** and May be eligible for **Island Health scholarships and bursaries**.

For an application - apply directly on the **Island Health website**

## **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

### **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. Coutts [acoutts@sd61.bc.ca](mailto:acoutts@sd61.bc.ca)

## **DISTRICT PROGRAMS**

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

### **Connect with ESQ Careers to apply or for more information:**

Career Coordinator Tarra: [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca) | Career Teacher Ms. Coutts [acoutts@sd61.bc.ca](mailto:acoutts@sd61.bc.ca)

## **Athletics:**

### **Track Season:**

Track Season starts **April 1 st**. Weekly meets are starting at Uvic every Wednesday starting at 3:30.

April 1, 8,15,22,29, May 5

We will leave the school by 2:45 on those days.

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)

## **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.

## **Proposed 2028-2029 School Calendar:**

As of this morning, the [proposed calendar for the 2028/2029 school year](#) has been posted to the district website.

Please share this information with your staff, PACs, and within your usual school communications channels (website, newsletters etc.). **Feedback can be submitted by email to [community@sd61.bc.ca](mailto:community@sd61.bc.ca) by Wednesday, May 20, 2026 at noon.**

Thank you,

**Kelsey Moore (she/her)**

Communications Specialist

Greater Victoria School District No. 61

Office: 250.475.4103

Cell (call or text): 778.587.2944

## **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 – April 27 – May 1

<b>Monday</b>	Lemongrass and scallion crispy pork wonton, sticky rice, shiitake mushrooms, baby bok choy, ponzu
<b>Tuesday</b>	Pulled pork burrito
<b>Wednesday</b>	Fully loaded stuffed baked potatoes
<b>Thursday</b>	Smoked beef brisket, potato croquettes, mustard and herb demi, grilled broccolini
<b>Friday</b>	Wild mushroom venison burger, house made venison and pork patty, wild mushrooms, arugula, caramelized onion aioli, gorgonzola cheese, served with potato chips

## 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!



### **New Edition for Dockside Dispatch:**

**Here is the latest episode dockside dispatch #16!**

[https://drive.google.com/file/d/1u2NJJdC3YfiWEDt5tTRQ1m6NkQEEkFBt/view?usp=drive\\_link](https://drive.google.com/file/d/1u2NJJdC3YfiWEDt5tTRQ1m6NkQEEkFBt/view?usp=drive_link)



# SHARING OUR STORIES OF SUCCESS

## Esquimalt Field Trip to PWL Professional Women's Hockey in Vancouver

*Big Thank you* to Mr. Koutougos,  
Ms. Coutts and Ms. Hoffman for  
making this great trip possible!

