



ESQUIMALT PARENT & STUDENT DOCKER

June 1 to June 5

Mon. June 1	GRAD Ceremony at UVIC AM Rehearsal , PM Ceremony 6:30 Rotary Information Session	See below
Tues. June 2	Year End Concert Part 1	
Wed. June 3		
Thurs. June 4	Year End Concert Part 2	
Friday, June 5	Cycle for Change	

COMING SOON...



JUNE 10	Early Dismissal 2:27pm
JUNE 11	Last Chance Write for Grade 12 Lit./Numeracy Assessments
JUNE 12	End of Year Music Social
JUNE 13	GRAD Dinner and Dance

CONGRATULATIONS TO THE ESQUIMALT 2026 GRADUATING CLASS!



ATTENTION GRAD FAMILIES!!

Please see attached for the **GRAD Newsletter** that has all GRAD information.

Parents' Advisory Council:

Our Parent Advisory Council (PAC) welcomes all parents and guardians to their meetings. **The next meeting is September 14, 2026.** 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.

The Interact Club

HYGIENE PRODUCT DRIVE

donate now!



The Interact Club would like to inform you about our upcoming hygiene drive at the school! Please give this information to your students as well.

We are looking to collect travel-sized hygiene products (soap, shampoo, feminine hygiene products, etc.) We will take the donations and make "hygiene packs". All students and staff are allowed to take these hygiene packs for free, and they will be stored at the office for distribution.

We will be distributing boxes to all B block classes on Friday, May 8th. This will enable students to go shopping over the weekend and donate their products on Monday! The hygiene drive will run from May 11th to June 1st.

There are prizes!! The class with the most donations will get donuts from the Esquimalt Bakery (yay, local!), and the runners-up (2nd and 3rd places) will get Timbits.

I have attached the poster that we have put up. Included in this poster



PRIZE!

WINNING CLASS GETS DONUTS!
RUNNERS-UP GET PRIZES TOO.

What is it?

THE INTERACT CLUB IS HOSTING A HYGIENE DRIVE! OUR GOAL IS TO MAKE HYGIENE PRODUCTS MORE ACCESSIBLE FOR PEOPLE AT OUR SCHOOL.



WHAT YOU CAN BRING:

- FEMININE HYGIENE (SANITARY PADS, TAMPONS, LINERS, WIPES)
- DEODORANT
- BODY SOAP
- SHAMPOO & CONDITIONER
- HAIRBRUSH/COMB
- LOTION (HAND/BODY)
- TOOTHBRUSH
- TOOTHPASTE
- TISSUES
- MOUTHWASH
- SHAVING CREAM
- HAND SANITIZER
- SUNSCREEN
- DENTAL FLOSS
- Q-TIPS
- WIPES

PREFERABLY TRAVEL-SIZE

When?

BRING IN YOUR DONATIONS
BETWEEN MAY 11TH
AND JUNE 1ST!



Where?

BOXES WILL BE LOCATED IN EACH CLASS FOR YOU TO EASILY DONATE THE PRODUCTS.



are more ideas for donations and a recap of all the information I've put in this email.

If you have any questions, don't hesitate to reach out to Arden at 1384720@sd61learn.ca. Thank you so much!

Best regards,
Arden Giles

COUNSELLING DEPARTMENT:

FREE ONLINE – ERASE Parent Sessions:

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>

Explosive Behaviour in Teens: Strategies to Empower Families

When our teens show up in explosive ways, we might sometimes blame ourselves, or not know how to respond during those hard moments. Finding help can feel challenging. Learn with us as Kirk Shields-Priddy (MSW/RSW, Group and Family Therapist with Fraser Health START Program) explains some causes of explosive behaviour in teens, and strategies for parents and teens. Discover some approaches that can help us when we are starting to explore resources and supports for our teens' explosive behaviour.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

There are multiple sessions available:

[June 4, 2026 | 12:00 pm - 1:30 pm](#)

[June 11, 2026 | 6:30 pm - 8:00 pm](#)

These events are funded for parents and caregivers living in the Province of British Columbia.

WEB LINK: <https://keltymentalhealth.ca/event/2026/06/explosive-behaviour-teens-strategies-empower-families>



ESQ GRAD 2026 50/50 TICKETS

Help support our Grads!

<https://esqgrad5050.rafflenexus.com>



**TICKETS 1 FOR \$5, 5 FOR \$20, 10 FOR \$30
ON SALE MAY 15-JUNE 4
DRAW DATE JUNE 5**

**BC GAMING LICENSE #17351
"KNOW YOUR LIMIT, PLAY WITHIN IT!"
ODDS OF WINNING ARE 1 IN 1,600 (OR NUMBER SOLD)**



2026

AWARENESS WALK

For Down Syndrome

JUNE 7, 2026

BECKWITH PARK, SAANICH



SUPPORTING FAMILIES IN VICTORIA!

Volunteer Opportunity:

EHS has a connection with the Greater Victoria Down Syndrome society through Ms. Walker and her daughter Cassidy, who is an Esquimalt grad. Every spring, Esquimalt students volunteer for the Greater Victoria Down Syndrome Society Awareness Walk! We're looking for students to be safety monitors, helpers for games and field activities, to serve food, do face painting, help with set-up etc.

There are two shifts available: **10am-12pm** and **12pm-2pm**.

Date: Sunday, June 7th

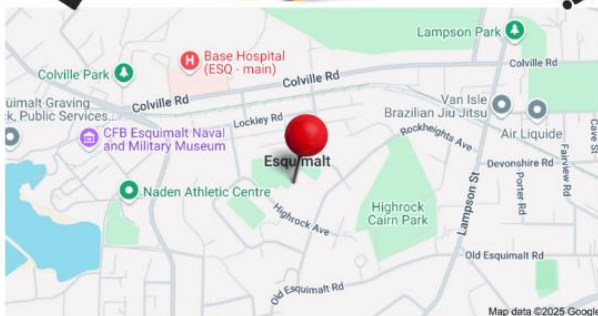
Time: 10:00 am - 2:00 pm

Location: Beckwith Park, 857 Beckwith Avenue, Victoria, BC

It's a fun day and a fun way to add some volunteering to your resume!
Please message Ms. Walker to sign up for a shift. owalker@sd61.bc.ca
Thank you!



BEE A GOOD NEIGHBOUR!



REMINDERS

Bee a Good Neighbour!

A reminder that our Student Code of Conduct extends beyond the walls of our school and into our community!

Please respect our neighborhood businesses and the private property of homes in the area.

Thank you for showing our neighbours how amazing ESQ students are!

ROBOTICS:

HELP YOUR ROBOTICS TEAM!



Esquimalt Atom Smashers

BOTTLE DRIVE

Help your local robotics team!

Rotary
Victoria-Saanich



SATURDAY, JUNE 6TH
10:00 am - 2:00 pm
Esquimalt High School 847 Colville Road



Contact
esqatomsmashers@gmail.com
for more info!

If you can't drop them off,
email us!
Bottle pickup begins at
9:30 am



Parent Connect: How to Check Report Cards online?

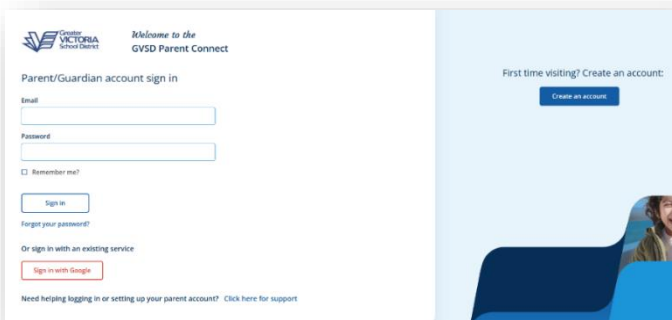
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

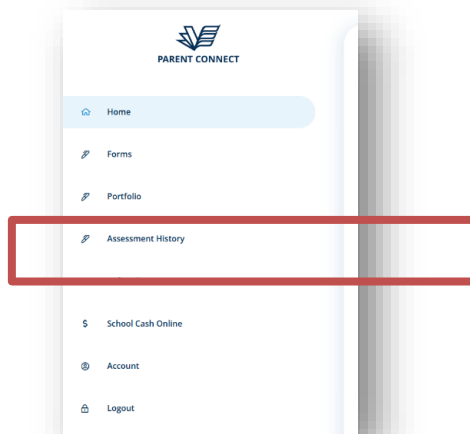
Paper copies will only be available **upon request** in person from the office.

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

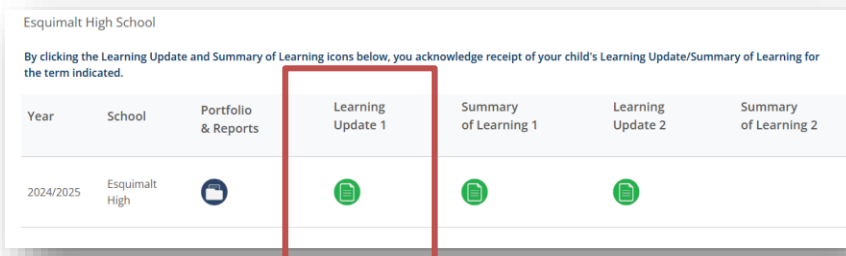
How to access to the Learning updates? Here are the steps



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/>





SCHOOL COURSE

WEX WORK EXPERIENCE

12A & 12B

YOU CAN START THIS SUMMER

Enrollment in WEX 12A and 12B helps students personalize their learning and prepare them for the transition from High School to the world of work, further education and training, or other post-graduation opportunities.



<https://bit.ly/ehswex>

Sign-up using the QR for more information

- Complete 100 hours in pair or unpaid work
- Remain with current employer or something new
- Meets Applied Design, Skills and Tech requirement
- Meets 30 hours work or volunteer experience requirement

= UP TO 8 GRADUATION CREDITS



Tarra Clarke
tclarke@sd61.bc.ca



Ange 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

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

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 | Career Teacher Ms. Coutts acoutts@sd61.bc.ca

Athletics:

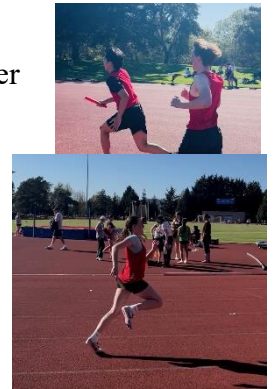
Track Season Update:

There is one league Track meet left next Wednesday. We have had some very solid Docker performances so far!

BC Championships June 4,5,6 in Langley.

Practices will be moved to Monday and Friday after school to get ready for these meets. Weightroom will continue Monday and Thursday mornings.

Any questions email Sarah Thornber at 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 if you have any questions and/or would benefit from some support.

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 – JUNE 1 TO JUNE 5

Monday	Lobster mac and cheese
Tuesday	Smoked brisket taco, pico de gallo pickled cabbage, chipotle crema
Wednesday	Confit chicken and red barn bacon poutine
Thursday	Paxton's "soul food" Jerk chicken, collard greens, jalapeno corn bread
Friday	Cycle for change BBQ

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 #18!

https://www.youtube.com/watch?v=WKtiLiqBmCU&list=PLCGdjG1wUBBL_WnNrsPfUB96OHPiHLI4G&index=1

WE ALL HAVE TO STUDY... WHY NOT STUDY ABROAD?



THE ROTARY YOUTH EXCHANGE SCHOLARSHIP PROGRAM

LEAVING AUGUST 2027 TO JULY 2028

Have you ever dreamed of...

- Traveling internationally?
- Living in another country?
- Being fluent in another language?
- Having a network of friends from around the world?

Valued at over \$25,000

Room, board, tuition and monthly stipend for one high school year abroad

Two Programs Available

1. Youth Exchange Scholarship (one academic year)
2. Short term family to family exchange (Summer Program)

The Rotary Youth Exchange Program is made possible by the generosity of our District 5020, serving Vancouver Island and Western Washington State. Qualified applicants must be 16 years old by September 30th, 2027 and not older than 19 by July 2028. The Scholarships cover Room, board, tuition, monthly stipend for one academic year. The family pays for airfare, insurance and spending money while away.

Information Session

June 1st, 2026 @ 6:30pm

We are looking for students in grades 8-11 who are interested in learning about youth exchange



Follow us @RYE5020

Register @ www.rye5020.org

Rotary
District 5020



rotary
youth
exchange



We are looking for Canadian students interested in studying abroad? Rotary Youth Exchange selects a few students ages 15–18, each year for the opportunity to spend a year or a summer in another country and experience another culture. The Rotary youth exchange program is largely funded by the rotary clubs of Victoria. To learn more register for the Student and Parent zoom information session on **June 1, 2026 at 6:30 PM**. Registration details are available at <https://rye5020.org/event/rotary-youth-exchange-information-session---1/>

Thank you very much for supporting youth leadership and international education opportunities in our community. Please feel free to contact me with any questions.



SHARING OUR STORIES OF SUCCESS

Congratulations to the ESQ Chess Team!! Check Mate!!



Congratulations to our ESQ chess team for winning this year's Victoria's High School chess tournament! ⌚ This victory led to an invitation to participate in the BC High School Chess tournament held in Vancouver where our team came in seventh place provincially. Special thanks to coach Michael Rak and Paul Leblanc, president of the Victoria Chess Association.





SHARING OUR STORIES OF SUCCESS



Congrats to the ESQ Golf Team:

Congrats to our Esquimalt Golf Team on a great season! Thank you for representing Esquimalt so well on and off the course. Big thanks to our coach, Mr. Witzke!

Challenge 10 Horne Lake:

Challenge 10 students embarked on an excursion through the caves at Horne Lake learning about formation of stalactites, sensitive ecosystem conservation and the effects of previous ice-ages on Vancouver Island. We took the great weather with us and had time for a splash in the lake after hiking and caving.





SHARING OUR STORIES OF SUCCESS

Congrats to Ms. Barker's Drama Class!!

Congratulations to Ms. Barker's Drama class and to writer and director Theo Lang for an amazing production of "Mor-Mania, The Curse of the Schlonpouffa"!

