



ESQUIMALT PARENT & STUDENT DOCKER

Nov. 2 – Nov. 6

Mon. Nov. 2		
Tues. Nov. 3	Provincial Assessments Grade 10 (Literacy) Provincial Assessments Grade 12 (Literacy)	Block A 9:00-11:30am Block C 12:30-3:00pm
Wed. Nov. 4	Provincial Assessments Grade 10 (Numeracy) Provincial Assessments Grade 12 (Catch-Up)	Block B 9:00-11:30am Block D 12:30-3:00pm
Thurs. Nov. 5		
Friday Nov. 6	Music Social/Sharing Session Term 1 Ends/ Let's get Visible Day	

*Coming
Soon*

SAVE THE DATE

NOV. 10	Remembrance Day Assembly
NOV. 11	Remembrance Day- No School
NOV. 16	PAC meeting
NOV. 16	Alumni Meeting
NOV 16-18, 21	Grad Photos
NOV 20	Term 1 marks published on Parent Connect
NOV 22	Robotics at Holiday Market
NOV 23	Trivia Night at Hecklers/Grad Fundraiser (See Poster)

November 6, 2026

During this dark time of the year, dress up in your lightest, brightest, most sparkly, reflective, or light up clothing - or all of the above!

Let's Get Visible Day, celebrates and practices the importance of being safe on roads and trails during darker morning commutes.

Everyone plays a part in the dark!

CRD

Winter Dance Show

Dec 9th in the Theatre

Doors: 6:30pm

Showtime: 7:00pm

Admission by donation



Provincial Assessment Overview 2026

All British Columbian students must complete three provincial assessments to earn their Dogwood Diploma:

- Literacy 10: Written in Grade 10
- Numeracy 10: Written in Grade 11 at ESQ
- Literacy 12: Written in Grade 12
- French Assessment: Written/oral in Grade 12 *for French Immersion students only*

Provincial assessments measure students' literacy and numeracy skills and their ability to apply learning in real-world contexts. They are graduation requirements, but *do not* contribute to final course grades.

Assessment Guidelines:

- Assessments are scheduled for two hours, with an additional hour available if needed.
- Students must work for at least one hour, or their assessment may be voided and need to be rewritten.
- The best preparation is to complete sample assessments and review scoring guides.

Literacy 10	Numeracy 10	Literacy 12
Assesses students' critical thinking, analysis, comprehension of diverse texts, and ability to communicate ideas. It draws on learning across subjects from Kindergarten to Grade 10. Practice: Grade 10 Literacy Assessment https://curriculum.gov.bc.ca/provincial/grade-10-literacy-assessment	Assesses students' ability to apply mathematical concepts learned across subjects from Kindergarten to Grade 10. Students use five processes: interpret, apply, solve, analyze, and communicate. Practice: Grade 10 Numeracy Assessment https://curriculum.gov.bc.ca/provincial/grade-10-numeracy-assessment	Assesses students' critical and reflective thinking, analysis of diverse texts, and ability to communicate ideas. It draws on learning across subjects from Kindergarten to Grade 12 and is a graduation requirement. Practice: Grade 12 Literacy Assessment https://curriculum.gov.bc.ca/provincial/grade-12-literacy-assessment

Further Preparation Support

Teachers will provide students with personalized assessment information before the assessments. Students can also check the hallway whiteboards one week in advance to confirm their writing location.

Students reviewed a preparation slideshow during Focus blocks. An additional review session will be offered on **Wednesday, October 28, 2026, during Focus Block**. The location will be announced and may change depending on student interest.

Provincial Assessment Schedule

November 3rd & 4th 2026

	Tuesday Nov 3 rd 2026	Wednesday Nov 4 th 2026
9:00am- 11:30am	Block A Literacy 10 For ALL grade 10 students.	Block B Numeracy 10 For ALL grade 11 students.
LUNCH 11:35-12:25pm		
12:30pm- 3:00pm	Block C Literacy 12 For ALL grade 12 students.	NEW! Block D Grade 11 & 12 Due to limited technology, some grade 11/12 students have been scheduled to write their assessments in this block. Please check hallway lists for when/where you are writing. Grade 12s students who have missed a prior exam are still eligible to write in this block.
French Immersion Assessments will be in January 2027.		

How will I know where I'm writing?

Check the hallway lists for time and location. Also, your Block B teacher on Monday will be handing you a document with your writing information on it.

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!

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 – Nov. 2 – Nov. 6

Monday	Peruvian pork kabob, charred corn salad, tomato and red onion encurtido, aji verde
Tuesday	pulled pork enchilada
Wednesday	Poke bowl, sushi rice, marinated ahi tuna, cucumber, pickled radish, edamame, purple shiso aioli
Thursday	Jerk Chicken and ribs, corn bread and coleslaw
Friday	meatball sandwich, house made beef meatball, arrabiata sauce, roasted peppers and onions, provolone cheese, finished with herb salsa verde

Esquimalt High

Trivia Night

At Hecklers

Monday Nov 23rd

Doors at 6:30pm

Tickets 10\$

(Available Soon)

There will be a Silent Auction too



Esquimalt Grads and Families!

Grad Cap and Gown and Full Length Fashion photos are coming up soon! Photo sessions will take place at the Parish of St Peter and St Paul 1379 Esquimalt Road, Esquimalt BC, V9A 3R4. This environment allows us to provide quality photography within a safe and comfortable location.

Our goal is to provide portraits that CELEBRATE you and your 13 years of academic achievement. In order to appear in your school yearbook and on the commemorative school composite, it is important that you have your graduation photo taken by Mountain West Studios. We are your official graduation photographer!

To book your preferred session times, please visit these links:

To book your photo sessions, visit:

<https://www.mountainwest.ca/high-school-grads/esquimalt-high-school>

Grad Cap and Gown/Fashion - November 16-18 and 21, 2026

The sitting fee is \$25 and includes the following year-end memorabilia: Diploma folder, Grad Composite, Graduation Certificate, 5x7 Ceremony Photo, 5x7 Grad Dinner/Dance, Grad Group Photo, 5x7 Individual Formal Wear Photo

Buddy/Friendship and Family Groups - November 21, 2026

The sitting fee is \$10 per person, per group, and includes 1 complimentary 5x7 for each participant.

Have Questions?

Email: help@mountainwest.ca

Phone: 1.888.644.4494

ESQUIMALT HIGH 13TH ANNUAL GINGERBREAD HOUSE FUNDRAISER!



HOUSE KITS \$20 EACH



<http://bit.ly/esqgingerbread26>

Order Deadline Dec. 2, 2026

Brought to you by the ESQ Culinary Program

All proceeds go to CFA Santa's Anonymous!



ORDER NOW



Reaching out for the first time can feel like a lot

When our kids are struggling with their mental health and need help, knowing where to turn or how to talk about what they are going through can feel completely overwhelming. When you are seeking help for the very first time, it takes time and energy when you may already feel exhausted, isolated or anxious about your child's well-being. Please know that you are not alone. We understand how challenging this experience can be for families like ours, and we are thinking of you and are here to offer support. As families who have walked this long path, we have learned—and continue to learn—how to find help (that helps our kids), and how to talk and work with schools and service providers to build relationships that can help our children get more of the care they need. We are here to listen, connect, and walk alongside you. This month, we asked our Family Peer Support Workers to share some of the things they want families to know when they are looking for support for the first time. If you are carrying the responsibility of finding help for your child or youth today, one small thing that can help is to have someone who understands how hard it is and who can remind you that help is available in the community. – Amy, Family Peer Support Worker

Connect With a Family Peer Support Worker Here:

LINK: <https://familysmart.ca/family-peer-support/>



Dockside Dispatch

Media Arts courses are working on a regular news segment about events at Esquimalt High. Here is the latest episode of dockside dispatch for your viewing pleasure!

<https://drive.google.com/file/d/1IzjNs78wfTKPljfGSJZt7oJI8qE0-2iv/view?usp=sharing>

Emotional Regulation - Kelty Mental Health - Free Presentations for Parent

"When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.

We invite you to join us and other families in a supportive space where your voice and perspective truly matter. Together, we'll watch a video and share strategies to help navigate those hard moments, and focus on strengthening our understanding and connection with our kids.

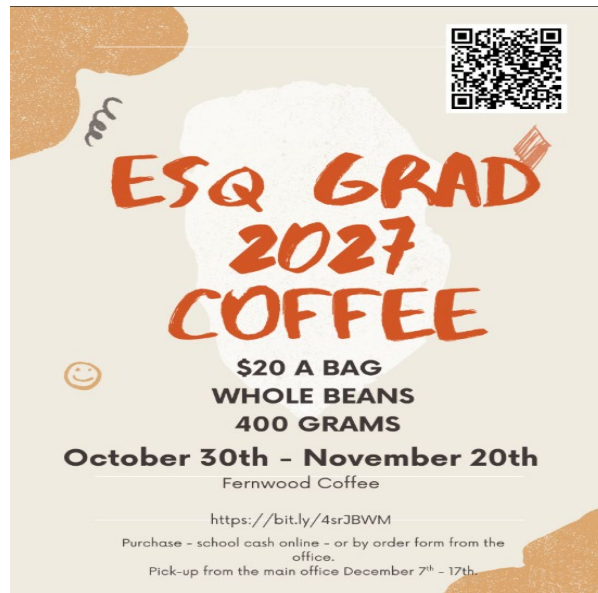
Whether you have questions or unique ideas from your own journey, your contributions are a valuable part of our conversation. This inclusive, supported discussion is gently facilitated by a Family Smart Family Peer Support Worker who understands the challenges we face as parents.

There are multiple sessions available:

1. [November 4, 2026 | 6:30 pm - 8:00 pm PST](#)
2. [November 10, 2026 | 6:30 pm - 8:00 pm PST](#)
3. [November 17, 2026 | 6:30 pm - 8:00 pm PST](#)

Link to Register: https://keltymentalhealth.ca/event/2026/11/emotion-regulation?utm_source=Cyberimpact&utm_medium=email&utm_campaign=Kelty-Centre-Newsletter---November-2026

GRAD FUNDRAISER:



Santa's Closet Is Coming Back to Craigflower Dec 9-11, 2026

Santa's Closet is returning to Craigflower this December, and we are so excited to make this wonderful event happen again!

Last year was an incredible success. Our students had the opportunity to shop for special adults in their lives and choose meaningful gifts for the people they care about.

What Are We Looking For?

We are looking for gently used, like-new items that would make wonderful gifts suitable for children, teens, adults, and seniors.

Some examples of great offerings include:

- Unused gift cards or gift certificates
- Gift bags ,tags, boxes, bows, paper and ribbons
- Household items, jewelry, toys, sports equipment...

We Need Your Help!

We are also looking for volunteers to help make Santa's Closet a special experience for our students.

Volunteers will help students choose gifts for the important people in their lives and then help them wrap, label, and prepare their presents to take home.

Help us fill Santa's Closet!

If you have donations, would like to volunteer, or have any questions, please contact Ms. Horlor at lahorlor@sd61.bc.ca or come and see her around the school.



Let's fill Santa's Closet together!

ESQ 2027 Europe Trip

M Stéphane Patenaude, Mme Claudia Donald and Ms Kyra Kristmanson are organizing a 12 day international trip to France and Spain for Spring Break 2027. This is a trip booked though EF Tours and is for any students currently in grades 10-12. For students in grade 9 this year, we ask that you contact M Stéphane directly at spatenaude@sd61.bc.ca with your inquiry before registering. We have a few spots left, and are looking to prioritize older students for now, but please let us know as soon as possible if you are interested. 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 .



Athletics :

Cross Country : We wrapped up the X country season with 9 athletes competing in a Nanoose Bay! Big congrats to all our gritty runners and to our Macy Eison who qualified for BC s next month in the Junior AAA category.

Next up Thetis Relays on Nov 11 th. Open to all staff or students (5 km loop, run or jog) . Let me know asap so I can form

teams. sthornber@sd61.bc.ca



For All Grads

Magic Wand

No student should miss their moment! Why buy when you can borrow the magic? Discover gowns, tuxes and accessories at the Magic Wand!

"Thanks to Magic Wand, I had an unforgettable grad!"

The Magic Wand is a Non Profit Organization

Email today for an appointment
esurerusetelus.net

www.themagicwandproject.ca

*Winter formal attire available
**Closed in December





PEER TUTORING AT ESQUIMALT!

The Esquimalt High Peer Tutors are looking for students to help! All grades, all subjects! Use the bit.ly to make a request. Mrs Bjornson will connect with you within 1 or 2 days. Feel free to visit Mrs Bjornson in 211a if you have any questions. ✦ Peer tutoring services are FREE!

Does Your Student Drive to School?

Student drivers will need to **register** for a parking permit to park on school grounds. Please complete the parking permit application attached in full and return it to the office.



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 as well as before/after school.

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)



CAREERS:

CAREER EXPLORATION OPPORTUNITIES

CHECK OUT OUR CURRENT **SPRINGBOARD OPPORTUNITIES!**

Interested in learning more or would like to apply, see our **ESQ Careers Team!**

Career Centre Coordinator: Tarra

Clarke tclarke@sd61.bc.ca

Career Educator: Mr.

Henderson khenderson@sd61.bc.ca

What is a Springboard? A one-day event that allows students through experiential learning to reflect on where their interests and strengths overlap with emerging career-life opportunities. Springboards are an innovative approach to expose student awareness to a variety of career-life choices.

British Columbia Investment Management Corporation (BCI)

Learn more about financial planning, investing & Career Planning through this interactive day

WHEN: Thursday November 26, 2026 | 9:00am - 2:30pm

WHERE: BCI Office - 750 Pandora Ave

WHO: Open to Grade 10 & 12 Students

APPLICATIONS DUE: November 03, 2026 -

HEALTH EXPLORATION DAY @ Camosun

ESQ Careers will be taking interested students to Camosun to learn about Health Pathways, Dual Credits and Camosun Programs Including Practical Nursing (PN), Bachelor of Science in Nursing (BSN), Health Care Assistant, Medical Radiography, Sonography (SONO), Certified Medical Lab Assistant and Kinesiology (KIN), Athletic Therapy (BAET)

WHEN: Friday Dec 4, 2026 | 9:30am - 12:00pm

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

WHO: Open to Grade 10 & 12 Students

APPLICATIONS DUE: November 20, 2026

JABC Techworks

Join JABC TechWorks and spend the day exploring future careers through hands-on, immersive learning experiences that show how technology shapes every industry.

WHEN: Thursday December 10 2026 | 9:30am - 2:15pm

WHERE: Camosun College

WHO: Open to Grade 10 & 12 Students

APPLICATIONS DUE: November 23, 2026

AUTOMOTIVE PROGRAM (AutoTech) EXPLORATION @ Camosun & Esquimalt High

Love Cars? Did you know you could graduate from high school with your **Level 1 Automotive Service Technician training** completed toward your Red Seal certification? Get hands-on experience, explore the automotive trade, and discover where this career could take you! **Tour the automotive shops at Camosun College's Interurban Campus and Esquimalt High School** to learn more about our AutoTech Program.

WHEN: Wednesday Dec 09, 2026 | 9:00am - 2:00pm

WHERE: Camosun College & Esquimalt High School

WHO: Open to Grade 10 & 11 Students

APPLICATIONS DUE: November 27, 2026

POST-SECONDARY VISITS @ ESQ!

Explore Your Options. Connect with Universities. Plan Your Future!

Thinking about life after high school? Post-secondary representatives are visiting ESQ! Learn about programs, admission requirements, scholarships, campus life, and more.

SAVE THE DATE! BC Post-Secondary Mini Fair - *More details to follow!*

Wednesday, November 18, 2026 | 9:30–11:00 AM

Representatives from BC colleges, universities, and institutes are coming to ESQ! This is a great opportunity for Grade 11 and 12 students to explore programs, ask questions, and discover their post-secondary options.

Upcoming University Presentations

- **University of Calgary – Tuesday, November 3 | Block A**

Sign Up [Here](#) or Contact Ms. Hoffman

- **University of Victoria (UVic) – Monday, November 16 | Lunchtime**
No sign-up required!

Need a counselling Appointment?

SCAN THE QR CODE TO MAKE AN APPOINTMENT



SCHOOL BASED COUNSELLORS

Personal counselling, course changes, post-secondary and academic advising.

Allyson Hoffman (A to K)

ahoffman@sd61.bc.ca *Monday to Friday Blk. A,B,C

Anastasia Andrews (L to Z)

aandrews@sd61.bc.ca *Monday to Friday

YOUTH & FAMILY COUNSELLORS

Personal and family counselling.

(NOT COURSE CHANGES)

Michaela Louie

mlouie@sd61.bc.ca

Monday to Friday Blk. A, B & C

Tanya Hadley

thadley@sd61.bc.ca

*Monday, Wednesday, Thursday & Friday

Bob Beattie

bbeattie@sd61.bc.ca

*Monday, Tuesday & Wednesday

INTERNATIONAL STUDENT ADVISING

Tim Zemanek

tzemanek@sd61.bc.ca

Blocks A & B

DISTRICT INDIGENOUS COUNSELLOR

David Davidson

ddavidson@sd61.bc.ca *Flexible hours.

Parents' Advisory Council (PAC):

Our Parent Advisory Council (PAC) welcomes all parents and guardians to their meetings. **The next meeting is November 16th 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.

Please see below for a quick description of Parents' Advisory Council.

What is the PAC? The PAC provides a forum for membership (*parents/guardians*) to exchange ideas, express concerns and ask for support in all matters relating to the school. Through the Executive, the PAC engages with the school principal, faculty and staff respecting any matter relating to École Secondaire Esquimalt High School.

Our Parent Advisory Council (PAC) welcomes all parents and guardians to their meetings. To be included in PAC meeting correspondence (agendas, minutes etc) please send us a message at esquimaltpac@gmail.com.

Opportunities to volunteer exist year-round. Tell us about your special skills and connections and how they can help the school community.

Meetings: Monthly meetings are open to all PAC members. In May of each year there is an Annual General Meeting (AGM) wherein the Executive for the following school year is selected/confirmed.

Esquimalt High School PAC Executive, 2026-2027

- **President – Dylan Reeves**
- **Secretary – Kirsten Andersen**
- **Treasurer – Jessica Truswell**
- **Member at large – Yoni Bremner**
- **VCPAC/BCCPAC Rep – Mark Weston**



Term 1 Ends Friday Nov 6th

Marks will be available to view on Parent/Student Connect on **Nov 20th**

See next page for instructions to view marks on Parent Connect.

Parent Connect: How to Check Report Cards online?

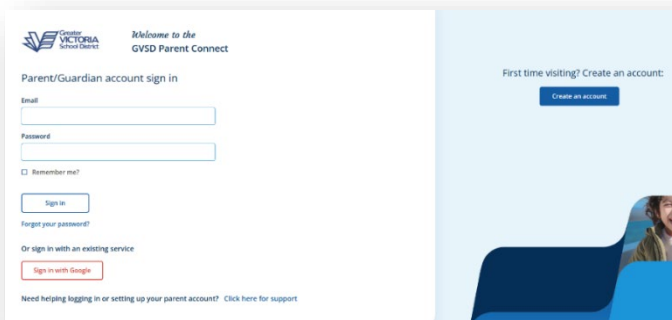
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

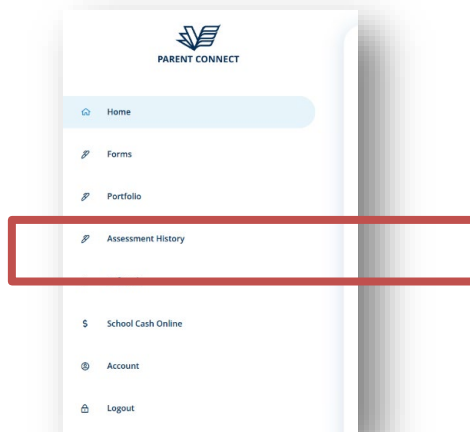
Paper copies will only be available **upon request** in person from the office.

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

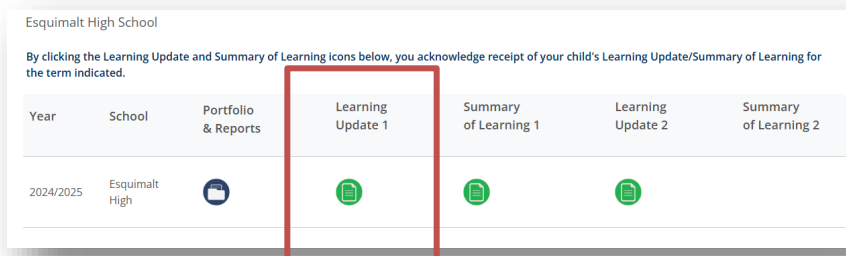
How to access to the Learning updates? Here are the steps



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



Students had fun dressing up for the Halloween Dance on Thursday evening.

Staff had fun dressing up in Halloween Spirit on Friday.



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 school community



Reference: <https://esquimalt.sd61.bc.ca/our-school/student-code-of-conduct/>