



ESQUIMALT PARENT & STUDENT DOCKER

October 12 – October 16

Mon. Oct. 12	Thanksgiving	NO Scheduled Classes
Tues. Oct. 13	Parent/Teacher Bookings open at 3:pm	
Wed. Oct. 14	Raft/Focus Block	
Thurs. Oct. 15	The Great Shake Out	12:45pm
Friday Oct. 16		

SAVE THE DATE



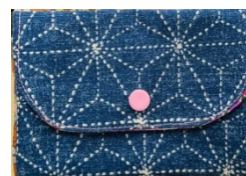
OCT. 19	PAC Meeting 6:45pm
OCT. 21	Parent/Teacher Meetings Alumni Meeting
OCT. 23	Professional Development Day No Scheduled Classes
OCT. 28	Raft/Focus Block
OCT. 29	Halloween Dance



The Great Shakeout Oct 15th at 12:45pm

The Great BC Shakeout is an annual province-wide earthquake drill for students to practice how to protect themselves and be better prepared in the event of an earthquake. We will be holding our school drill at 12:45pm.

ATTENTION STUDENTS: PLEASE ENSURE YOU LOCK YOUR VALUABLES UP AND LOCK UP ANY MONEY. DO NOT LEAVE ANY VALUABLES / MONEY IN THE GYM CHANGEROOMS OR THE GYM AREA. We ask that any students who find unsupervised valuable items bring them to the office to be reunited with their owners.



CAFETERIA ESQ Café Menu – Oct. 12 – Oct. 16

Monday	Thanksgiving- no service
Tuesday	Pulled pork tacos, chipotle BBQ, pickled cabbage, tomatillo salsa, pickled peppers
Wednesday	lemongrass-chili pork gyoza, steamed rice, cucumber salad
Thursday	Pork Schnitzel, spaetzle, apple sauce and braised cabbage
Friday	Beef Birria Poutine, house cut fries, cheese curd, braised beef, birria gravy, pickled onion, feta cheese and cilantro

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.

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!



Bell Schedule for October 21st	
Parent Teacher Meetings	
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

Online Booking for Parent-Teacher Meetings:

***Opens Tuesday, October 13th at 3pm**

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 closes at noon on Tuesday October 20th**

If you require assistance with booking, please contact the office at 250-382-9226.

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

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.

GRAD



 **ESQUIMALT HIGH
GRAD 2027**

50/50



SCAN FOR TICKETS!
1 for \$5; 5 for \$20; 10 for \$30

Must be 19+ to play
Know your limit, play within it
Gaming License # 176736



Esquimalt High school **HECKLERS**
Comedy Fundraiser

Presents
HOWIE MILLER

halifax comedy fest Just for laughs

\$25 Tickets at Hecklers.ca

**THURSDAY
OCT 22 • 8PM**

DOORS OPEN AT 6:30PM

THURSDAY - OCTOBER 22ND



+250-381-1312
123 GORGE ROAD EAST - VICTORIA BC
WWW.HECKLERS.CA



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 through 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.



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:

ESQ Careers Opportunities:

Canadian Universities Event (CUE) – FULL!

Signed up but haven't returned your permission form?

IMPORTANT: Your seat is NOT YET confirmed

We have more students interested than seats available. Return your signed parent/guardian permission form to the office ASAP.

Interested in Early Learning & Care?

Grade 11 & 12 students interested in working with children and families can get a head start on post-secondary through Dual Credit!

ELC 170 – Working with Family & Community is a Camosun College course that explores families, child development, diverse perspectives, and how Early Childhood Educators build respectful and supportive partnerships with families.

Course Details:

- Camosun Interurban Campus
- Fridays, 3:00–5:50 PM
- January 8 – mid-April

This is a great opportunity to experience a college course while still in high school and learn more about the Early Learning & Care pathway to becoming an Early Childhood Educator (ECE).

Questions or To apply see ESQ Careers:

- Tarra.tclarke@sd61.bc.ca
- Mr.Henderson.khenderson@sd61.bc.ca

**DUAL CREDIT COURSE OPPORTUNITY IN
EARLY LEARNING & CARE (ELC)
TO BECOME AN ECE**

ELC 170 - Working with Family & Community

Students will be introduced to understanding the changing roles of families in our current society. Students study developmental tasks of families, historical and emerging themes with an emphasis on supporting families and establishing respectful, reciprocal partnerships. Students will be introduced to Indigenous world views in order to broaden their thinking about children and their families, including the impact of residential schools and on-going colonization and skills of reconciliation. Families are viewed within a strengths-based perspective and special emphasis is placed on the knowledge, skills, beliefs and values required to work in partnership with diverse families.



Course Delivery Details

@ Interurban Campus

Friday 3 - 5:50pm

Jan 8 - mid April

Classes held over Spring Break

Course Co-requisites:
C+ in Eng 12

Applications Due
September 30, 2026



For More Information Contact ESQ Careers:

Tarra.tclarke@sd61.bc.ca or Mr.Henderson.khenderson@sd61.bc.ca

Police Camp Spring Break

March 13 to 20, 2027

8 day leadership program for students in
Grade 10, 11 or 12
in partnership and hosted at

St Margaret's School



- Leadership development
- Daily physical training
- Day and night police scenario simulations
- Social responsibility and life skills

Applicant interviews will be held
November and December 2026.



**SCAN THE QR CODE
TO APPLY TODAY**

Application closing on Friday, October 30th at 3pm.

Presented by

**GREATER VICTORIA POLICE
FOUNDATION**

ESQ Recycling and Compost

ESQ students helping support a waste study lead by the CRD. A big thank you to Compost Club, Ms. Walker, Ms. Alpert and their students for all their work helping our school better understand how our compost and recycling efforts help mitigate the impacts of climate change. Interested in helping out? Contact a teacher or Vice-Principal Ms. Van der Putten, for more information.



Please use our NEW waste disposal bins!



October is ADHD Awareness Month and "One of the most powerful reminders during ADHD Awareness Month is that no one has to navigate ADHD alone. CADDAC's monthly support groups provide a welcoming space to connect with others who understand the challenges and successes of living with ADHD. Whether you're an [adult with ADHD](#), a [parent supporting a child with ADHD](#), a [youth or young adult navigating ADHD](#), or someone living with [ADHD and Substance Use Disorder](#), our support groups offer opportunities to share experiences, learn practical strategies, and build meaningful connections within the ADHD community." Youth aged 16 to 24 can sign up for a support group @ <https://caddac.ca/programs-events/youth-peer-facilitated-support-group/> . For more general info please go to @ <https://caddac.ca/adhd-awareness-month/>



CADDAC
CENTRE FOR ADHD AWARENESS, CANADA
CSTC - Centre de sensibilisation au TDAH Canada

Free monthly meetings on Zoom!

ADHD PEER-LED SUPPORT GROUPS

- ✓ FIND COMMUNITY
- ✓ LEARN & GROW
- ✓ ACCESS SUPPORT

Register at caddac.ca/programs-and-events

SCAN ME!



Parents' Advisory Council (PAC):

Our Parent Advisory Council (PAC) welcomes all parents and guardians to their meetings. **The next meeting is October 19th 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**



\$20/Dozen



<https://forms.gle/1vuiXsVtyUrvbYJf6>

PAC Fundraiser to support the amazing selection of clubs, sports and programs that Esquimalt High offers to our students. Pick up at school on **Wednesday, October 21st 3:00-6:30PM** during the Fall Parent Teacher Interviews.

Only 250 boxes available! On sale until sold out.

Scan QR code or click link for order form.
Payment by e-transfer to esquimaltpac@gmail.com



Family Photo Sessions

By Mountainwest Studios at ESQ HIGH

October 21, 2026 – 3:50-8pm

Hello Families!

Mountain West Studios is excited to be providing family photo sessions as a fundraiser! The sessions will take place on October 21, 2026, in the Theatre. This environment allows us to provide quality portrait sessions within a comfortable location. Our goal is to provide portraits that CELEBRATE YOU and your Family.

Family Photo Night is coming soon!

EACH FAMILY RECEIVES 1 **FREE** 8X10 PHOTO OF THEIR CHOICE!

- An affordable and convenient option for family portraits.
- Great for Mother's Day, Father's Day and holiday gift-giving!
- Sitting fee is \$30. 100% of the fee is donated back to your school!
- Convenient weekend and evening portrait sessions
- 10 minute sitting includes 10-15 online proofs with the option to order additional photos.

Have questions? Email us at help@mountainwest.ca

Sign up today!



6869 Merritt Avenue,
Burnaby BC, V5J 4R5

Phone: 604.433.0551
Toll Free 1.888.644.4494

help@mountainwest.ca
mountainwest.ca

This is a fundraiser! 100% of the sitting fee goes directly back to the school, and each family will receive a complimentary 8x10 print.

To book your Family portrait sitting, please visit this link: [Esquimalt High School Family Sitting](#)

If you have any questions after reviewing our sign-up page, please contact our customer service team.

Mountain West

Studios Phone:

[1.888.644.4494](tel:18886444494)

Email: help@mountainwest.ca

Mountain West Studios Family Photo Pricing

Custom Packages		
		Price
FAMILY BEST VALUE	5 sheets, 2 DDs	\$149
FAMILY FAVOURITES	4 sheets, 1 DD	\$119
FAMILY INTRO	3 sheets, 1 DD	\$99
Sheets		
16x20		\$89
11x14		\$64
10x13		\$54
8x10		\$33
2-5x7		\$33
4-4x5		\$33
8 Wallets		\$33
Digital Downloads		
#of images		
20		\$299
12		\$225
8		\$185
4		\$119
Add-ons		
8 Magnets		\$33
Calendar Magnet		\$33
6 Holiday Cards		\$29
Photo Mug		\$30
Metal Print (5x7/8x10)		\$39/\$59
Folders		
4x5 / 5x7 / 8x10		\$5 / \$7 / \$9
Frames		
8x10 (Black/Champagne)		\$79/\$89
10x13 (Black/Champagne)		\$99/\$109
Canada Post Expedited Shipping		\$12
Retouching (per image)		\$12



Parent Connect: How to Check Report Cards online?

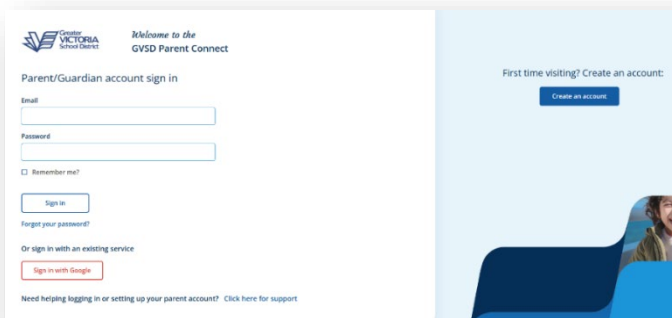
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

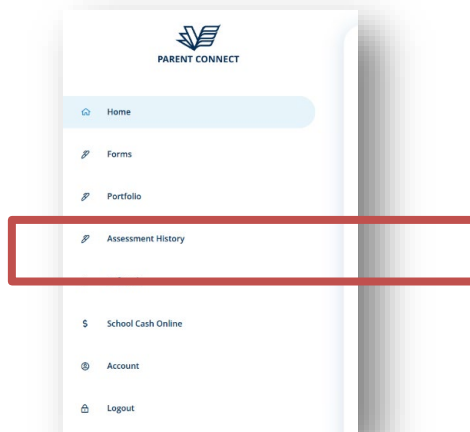
Paper copies will only be available **upon request** in person from the office.

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

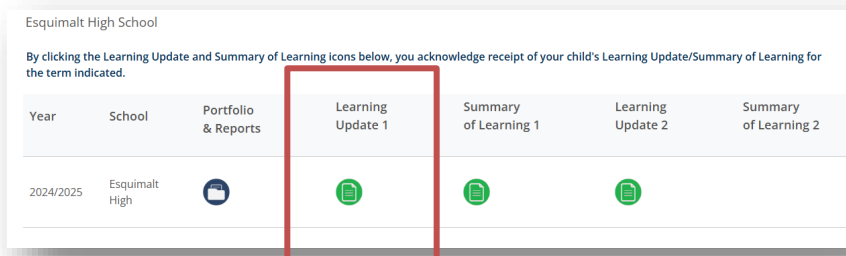
How to access to the Learning updates? Here are the steps



1. Log In to the system with your email and password or with your Google (Gmail) account.
2. If it 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.

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/>