



ESQUIMALT PARENT & STUDENT DOCKER

October 19 – October 23

Mon. Oct. 19	PAC meeting-6:45pm in the All Nations Room	
Tues. Oct. 20	Cedar Weaving Workshop	C Block- All Nations Room
Wed. Oct. 21	Alumni Meeting Parent/Teacher Interviews Halloween Dance Tickets go on Sale 🎃 Krispy Kreme order pick up day Family Photo Sessions	Lunch 🍩 Theatre 3:50pm-8pm
Thurs. Oct. 22	Grad Fundraiser- Hecklers Comedy	
Friday Oct. 23	Professional Development Day	No Scheduled Classes



October 21st Bell Schedule:

8:50am-10:00am – A Block
10:05am-11:15am – B Block
11:15am-11:50am – Lunch Break
11:50am-1:00pm – C Block
1:05pm-2:15pm – D Block

SAVE THE DATE

OCT. 29	Halloween Dance
OCT. 31	Happy Halloween
NOV 3	Copernican Day A and C blocks
NOV. 4	Copernican Day B and D blocks
NOV. 6	Term 1 Ends

Online Booking for Parent-Teacher Meetings:

***Opened 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.

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 ESQ Café Menu – Oct. 19 – Oct. 23

Monday	Kung Pao Pork noodle box
Tuesday	Baja style halibut taco, Pico de Gallo, shredded lettuce, chipotle crema
Wednesday	Louisiana Chicken burger, remoulade, coleslaw, pickles and pickled jalapeno
Thursday	Beef or veggie samosa, mango chutney, coriander chutney, spiced basmati rice
Friday	Pro D No Scheduled Classes

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.



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 .

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.	Block D Grade 12 Catch-Up For all grade 12 students who have missed a prior exam.
French Immersion Assessments will be in January 2027.		

On Tue Nov 3rd and Wed Nov 4th we will be hosting the Literacy and Numeracy Assessments (Copernican days) – which are BC Ministry of Education Assessments. Both of these days are double-block days for students.

Students: check your school email for confirmation of the assessment you need to write and the date, time and classroom location. Your relevant block A-C teacher will also let you know on the day of. If you are in Grade 12 and have missed a previous assessment, you will write it on Nov 4th in Block D.

Teachers will review the assessment process with students in Block B prior to the assessments. If you want to review the assessment process at home, check out these links:

Literacy 10 assessments: <https://curriculum.gov.bc.ca/provincial/grade-10-literacy-assessment>

Literacy 12 assessments: <https://curriculum.gov.bc.ca/provincial/grade-12-literacy-assessment>

Numeracy 10 assessments: <https://curriculum.gov.bc.ca/provincial/grade-10-numeracy-assessment>

Exciting news! Your online gallery from your school Catch Up photo session is now live!

- Please visit this link to access the gallery: <https://vando.imagequix.com/K9L3W9Z>
- The login code to access your images is on the yellow QR flyer your child was given on pphoto day. Please check with them.
- Any active email address can be used to login.
- Your order deadline is: October 29, 2026 (*after the deadline a late fee is applicable*)

Missing your login code? No problem!

1. Visit <https://www.mountainwest.ca/support-for-families>
2. Click on "Looking for your login code?"
3. Enter the information required.

Your code will be emailed within 1 business day.

[Click Here](#) to find out more about ordering.

Phone: 1.888.644.4494



\$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



Krispy Kreme: <https://forms.gle/BZcAbstgvBwQGAH19>

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**



👻 Halloween Dance! 🎃

Join us on **Thursday, October 29th from 6–9pm** for a night of music, costumes, and fun!

Show off your Halloween style in the **costume contest** for a chance to win prizes! Best individual and best group!

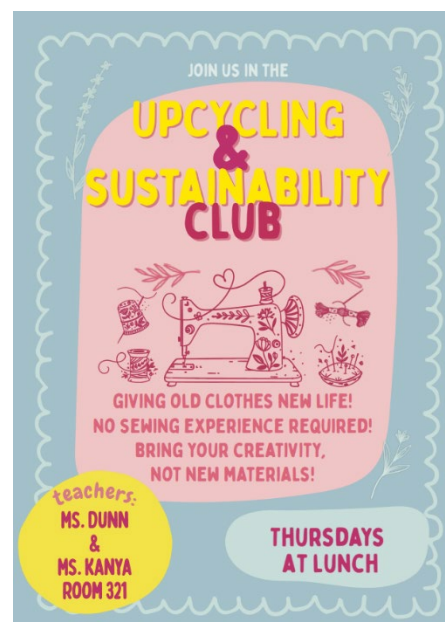
🎫 **Tickets are \$5** and go on sale **October 22nd at lunch in the foyer.**

📄 **Guest forms will be available starting Wednesday.**



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!



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, Vancouver

[Connect With a Family Peer Support Worker Here](#)



**ESQUIMALT HIGH
GRAD 2027
50/50**

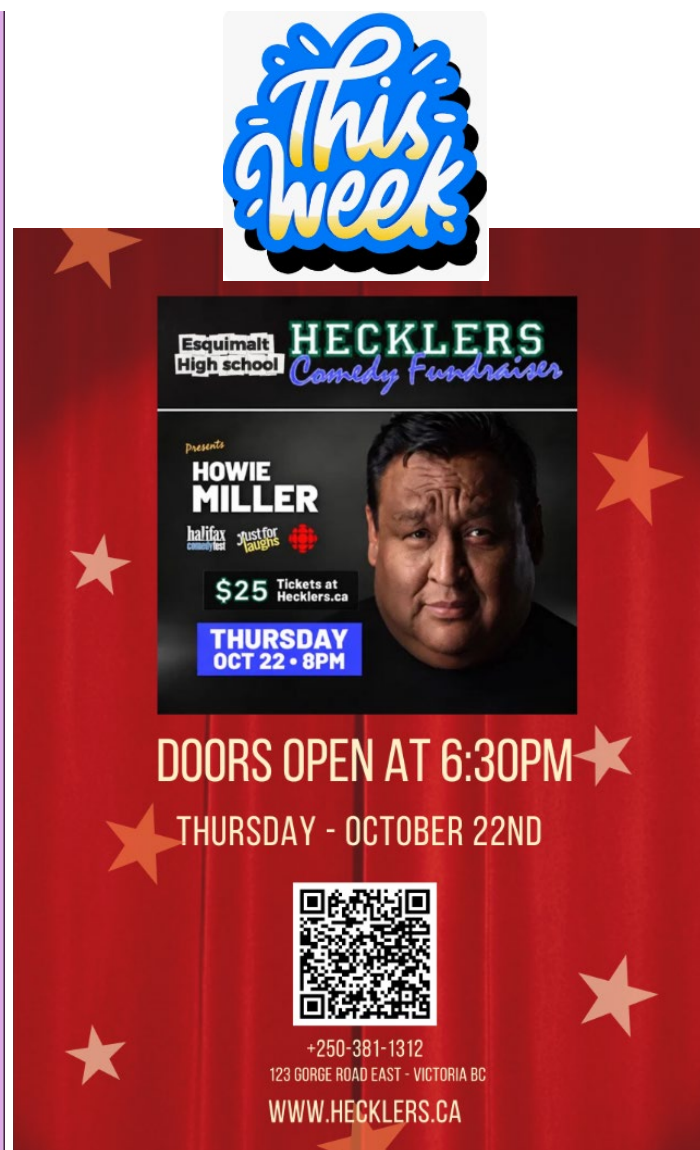
<https://esqgrad5050.rafflenexus.com/>

On Sale October 1 - 29
Draw Date: October 30!



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



This Week

Esquimalt High school **HECKLERS**
Comedy Fundraiser

Presents **HOWIE MILLER**

halifax 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

50/50: <https://esqgrad5050.rafflenexus.com/>

Resources for Newcomer Youth

<https://kidshelpphone.ca/get-involved/support-for-newcomer-youth/>

Kids Help Phone - Wellness Support in multiple languages

<https://kidshelpphone.ca/wellness-support-in-multiple-languages/>

Family Smart

<https://familysmart.ca/>

Family Peer Support

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

- **"Open and Accessible Family Peer Support for All BC Parents and Caregivers:** Wherever you live in British Columbia, you can connect with a Family Peer Support Worker for free, confidential, open-access support. Support is offered locally in many BC communities; and over the phone or virtually everywhere else across the province, thanks to our partnership with BC Children's Kelty Mental Health Resource Centre. No referral is needed; you can reach out to us directly at any time."

Resources to Help you Support Your Child

<https://familysmart.ca/resources/>



Indigenous Youth You are invited! Cedar Weaving Workshop



**LIMITED SPACE PLEASE
CONTACT CHANTAL OR
VANESSA IN THE ALL
NATIONS ROOM TO SIGN UP**

WHEN: OCTOBER 20TH 2026
C- Block 12:33-1:53

WHERE: All Nations Room 111

Athletics:

X-Country

Last league meet was this week at Uvic. Islands is in Nanaimo on Wednesday Oct 28. Students will have an opportunity to qualify for BC's in Abbotsford on Nov 7.

Practices will continue throughout the winter on Monday, Wednesday and Friday at 3:30 and are open to all students wanting to increase fitness by running.

Weightroom open for all student athletes Monday and Thursday mornings at 7:30 am

Thetis Relays hosted by the Prairie Inn Harriars are coming up November 11 th. This is open to all staff and students. This is a relay for 4 or less people. Each person running a 5 km loop of Thetis Lake. Email Ms. Thornber if you are interested in forming a team.

sthornber@sd61.bc.ca

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.



Resume Building

Workshop for gr. 10-12 students



28 October, 2026



Big Conference Room

During Focus Block



Students must sign up and
attendance will be taken

SIGN UP

bit.ly/esqfbspotlight





**THURSDAY, OCTOBER 22
@ LUNCH
BASKETBALL COURTS**

For All Grads
(small fee)

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

Health and Safety:

ESO 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**

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/>



Art Metal Jewelry Class

Request for Donations:

The brand-new Art Metal Jewelry class is looking for donations of any of the following items:

- 1. Scrap copper, brass, aluminum or tin sheet/plate**
- 2. Wire, any kind but especially copper or brass, any thickness**
- 3. A small working crock pot**
- 4. Working Dremel or jewelry drills**
- 5. Butane torches (1-3) if you ever bought one because you thought you would be making creme brûlée all the time and then only used it once or twice...**
- 6. Jewelry findings and beading threads, wires, rat tail cord, jump rings.**
- 7. Tin snips (scissors for metal)**
- 8. Any other jewelry supplies or tools or old unwanted jewelry would also be appreciated.**

**Can be delivered to the school addressed to Amber MacGregor/Art Metal Rm 224,
Thanks so much for considering and/or donating!**

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:1.888.644.4494)

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?

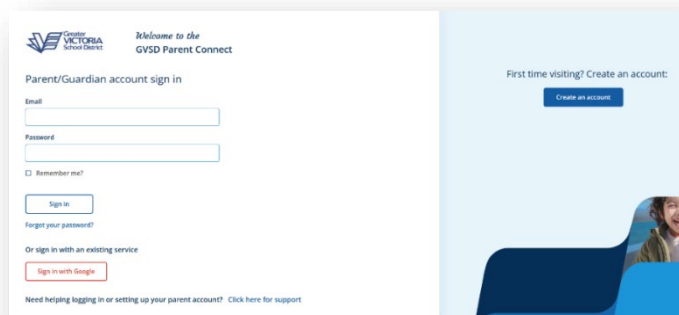
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

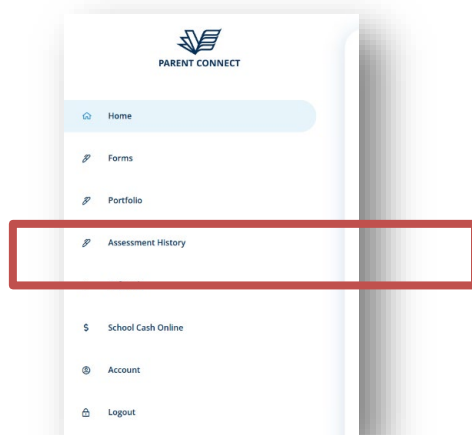
Paper copies will only be available **upon request** in person from the office.

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

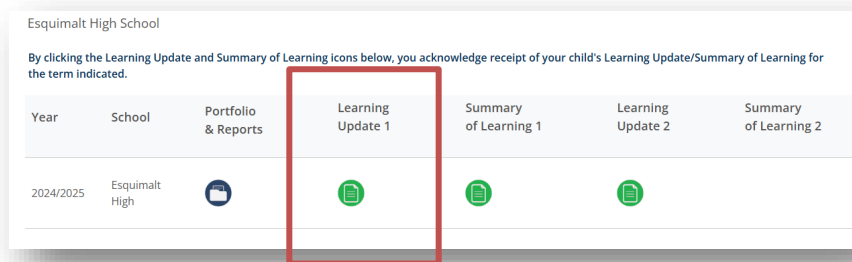
How to access to the Learning updates? Here are the steps



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