



ESQUIMALT PARENT & STUDENT DOCKER

October 26 – October 30

Mon. Oct. 26	Halloween Dance Tickets on Sale at Lunch	\$5
Tues. Oct. 27	Halloween Dance Ticket on Sale at Lunch	\$5
Wed. Oct. 28	Raft/Focus Block Capstone Check-in #1 Halloween Dance Tickets on Sale at Lunch (last day)	\$5 3:30-5:00pm
Thurs. Oct. 29	Halloween Dance Student Photo Order Deadline today	6 – 9pm
Friday Oct. 30		

*Coming
Soon*

SAVE THE DATE

NOV. 3	Copernican Day Block A: 9am – 11:30am Block C: 12:30 – 3pm
NOV. 4	Copernican Day Block B: 9am – 11:30 Block D: 12:30 – 3pm
NOV. 6	ESQ Music Social/Sharing Session 2:45 – 5pm
NOV. 6	Term 1 Ends/Let's Get Visible Day- see Poster
NOV. 10	Remembrance Day Assembly
NOV. 11	Remembrance Day No Scheduled Classes
NOV. 16	PAC Meeting 6:45pm
NOV.16- 18, 21	GRAD Photos



It was great to see
so many parents at
the parent teacher
meetings on
Thursday Night.

Thank you to all of
our wonderful
Teachers!

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.	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.		

If you have more questions or concerns, please contact Vice-Principal, Sonja van der Putten, svanderputten@sd61.bc.ca or 250-382-9226. Thank you.

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)



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 – Oct. 26 – Oct. 30

Monday	Bacon and caramelized onion Mac and Cheese
Tuesday	Steak and Cheese tacos, shredded lettuce, picante salsa
Wednesday	Lobster roll, coleslaw
Thursday	Butter chicken, basmati rice, Naan bread, cucumber mint Raita
Friday	Wild mushroom Ravioli, Truffle cream sauce, parmesan cheese

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



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



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.

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

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



Halloween Dance!

Join us on **Thursday, October 30th 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 will be on sale until **Wednesday Oct 28th** at lunch in the foyer.

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



**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



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!”

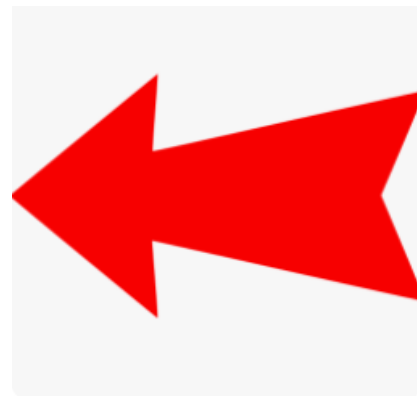
The Magic Wand is a Non Profit Organization

Email today for an appointment
esurerusetelus.net



www.themagicwandproject.ca

*Winter formal attire available
**Closed in December



bit.ly/esqtutorrequest

SIGN-UP FOR

PEER TUTORING

ALL SUBJECTS: ALL GRADES

bit.ly/esqtutorrequest

PEER TUTORING AT ESQUIMALT!

The Esquimalt High Peer Tutors are looking for students to help! All grades, all subjects! Use the [bit.ly](https://bit.ly/esqtutorrequest) 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 park on school grounds. Please complete the parking permit application attached in full and return it to the office.



to

Athletics:

Volley Ball Intramurals:

See Poster. All are welcome!

Sign up by Oct 30th

X-Country:

X-Country Training is on Mondays, Wednesdays, and Friday's after school rain or shine (dress appropriately). Meet in Room 301. Races are as follows:

Saturday, November 7th - BC Championships, Clearbrook Park, Abbotsford

See Ms. Thornber in rm 301 or email sthornber@sd61.bc.ca for more info.

VOLLEYBALL INTERMURALS

FREE T-SHIRTS FOR WINNERS!

REGULAR VOLLEYBALL RULES

6 PEOPLE ON THE COURT AT A TIME

SUBS ARE WELCOME!

SIGN UP HERE!

SIGN UP DEADLINE: OCTOBER 30TH

NOVEMBER 2ND TO 6TH

CAPSTONE 2027

CHECK-IN #1

MEETING
28 Oct 2026
3:30-5:00pm

- Assignment #1 Completed
- Bring it to the meeting
- Be prepared to chat about it

Classrooms and appointment times posted on GC and posted in main stairwell early next week!

CAREERS:

SPRING BREAK OPPORTUNITY: POLICE CAMP

Spring Break | March 13 - 20, 2026 | St. Margaret's School
8 day leadership program for students in Grade 10-12

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

Interested? Apply directly to the VIC PD Police Foundation

Applications Due **Oct 30, 2026**

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**

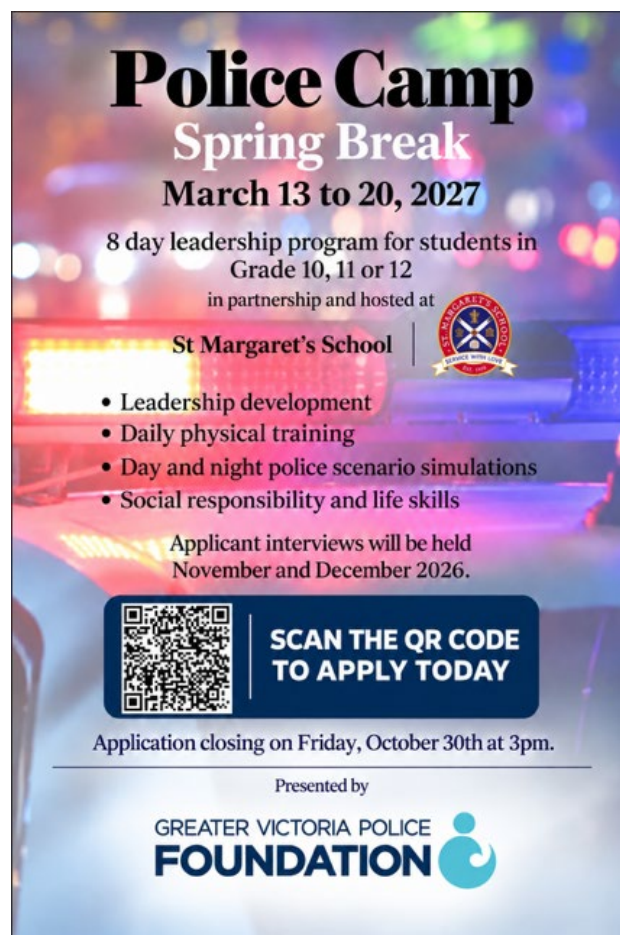
CAREER EXPLORATION OPPORTUNITIES

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



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**

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.

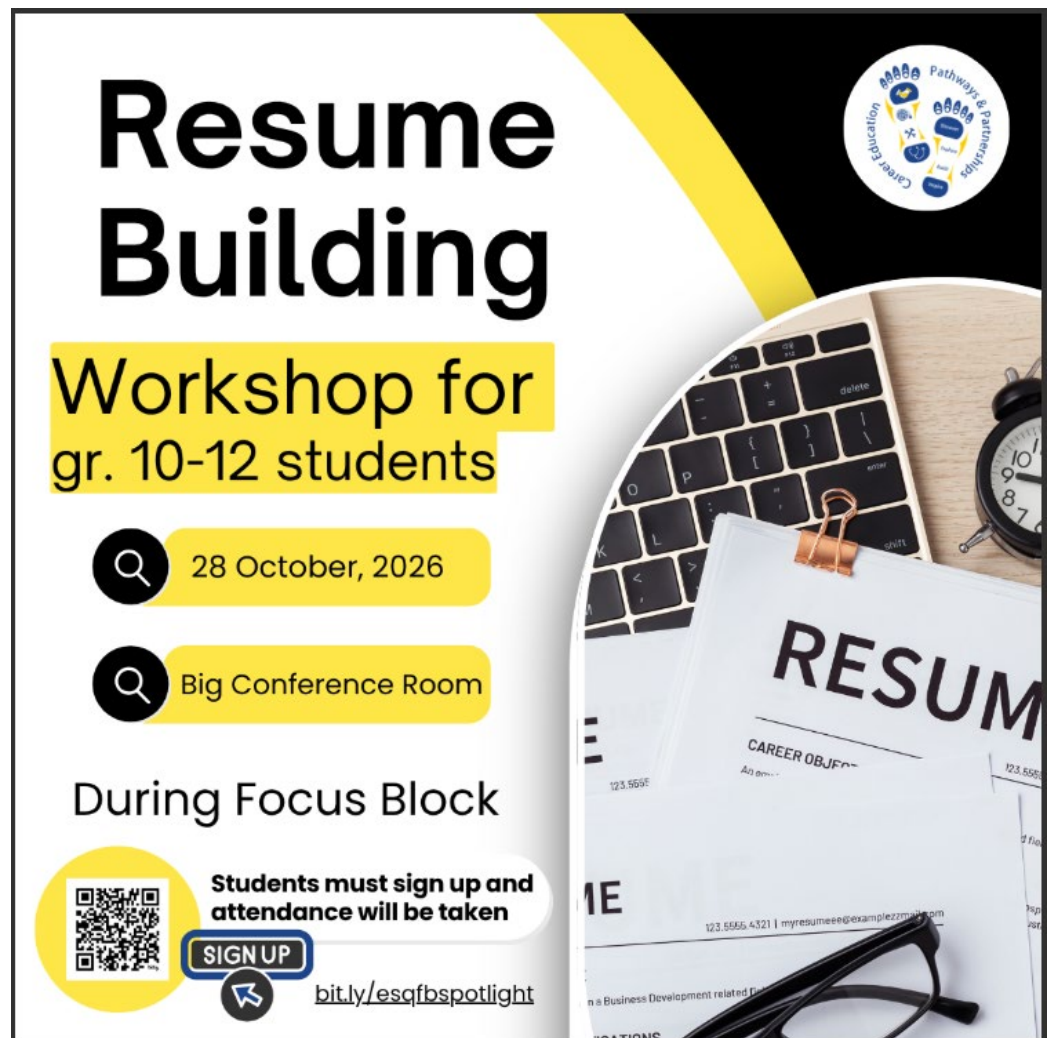
**WHEN: Thursday
December 10 2026 |
9:30am - 2:15pm**

WHERE: Camosun College

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

APPLICATIONS

DUE: November 23, 2026



The poster features a large yellow diagonal stripe. At the top right is a circular logo with icons for Career Education, Pathways & Partnerships, and various career fields. The main title 'Resume Building' is in large black font. Below it, 'Workshop for gr. 10-12 students' is in yellow text on a black background. Two yellow buttons with magnifying glass icons contain the text '28 October, 2026' and 'Big Conference Room'. Below these, it says 'During Focus Block'. At the bottom left is a QR code and a 'SIGN UP' button. To the right of the QR code is a text box stating 'Students must sign up and attendance will be taken' with a 'SIGN UP' button and the URL 'bit.ly/esqfbspotlight'. The background of the poster shows a laptop keyboard, a clock, and a resume document with the word 'RESUME' and 'CAREER OBJECTIVE' visible.

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

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**



Canada's
Centre for
Digital Media
Literacy



October 26 to October 30 is Media Literacy Week. For more info check out <https://mediasmarts.ca/media-literacy-week>

You can find resources on screen time, misinformation, AI, responsible social media use and more at "Media Literacy Week - Parent Central". There are self-guided tutorials, guides, tip sheets, and a blog @ <https://mediasmarts.ca/mlw-parent-central>



INCLUSIVE & SAFE SCHOOLS

Opportunity for Discussion Parents & Students

 **Spectrum Highschool**
 **Thursday OCT 29, 2026**
 **7:00 – 8:30 PM**

Physical Emotional
Social

 **FREE TO REGISTER**
ON-SITE CHILDMINDING AVAILABLE
PIZZA & GAMES FOR THE KIDS.
<https://forms.gle/p82G1mcJLivitM4A6>

 **QR link to Survey ->**
<https://forms.gle/UpfheSieXSaJ915A7> 

VCPAC Parent Engagement Event: Belonging, Inclusion & Safety

Parents and caregivers are invited to join VCPAC for an engaging discussion on belonging, inclusion, and safety in our schools and communities. This event offers an opportunity to connect with other families, share experiences, and contribute to conversations that support student well-being and success. Please see the attached poster or www.vcpac.ca for details and registration information.



Let's Get Visible Day!

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

Parent Connect: How to Check Report Cards online?

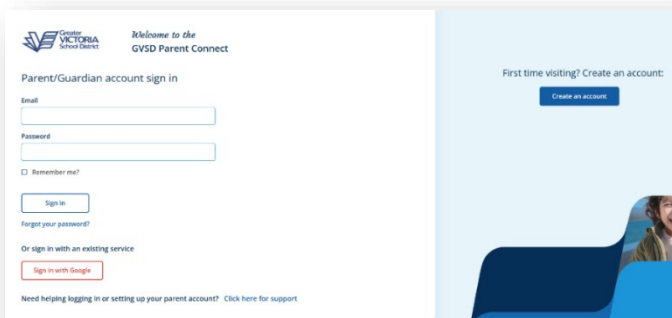
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

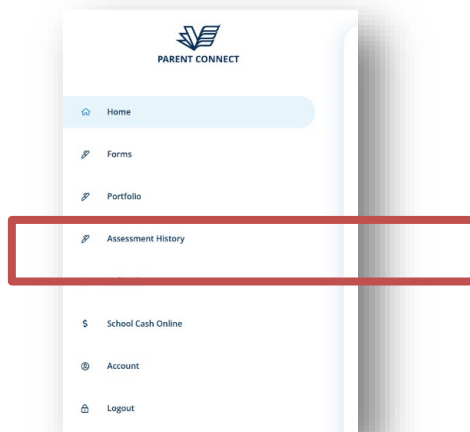
Paper copies will only be available **upon request** in person from the office.

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

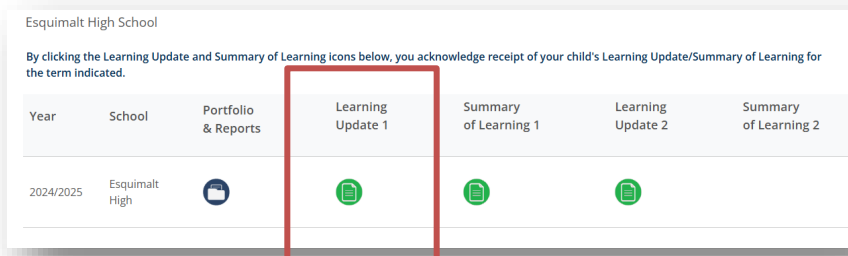
How to access to the Learning updates? Here are the steps



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/>