



ESQUIMALT PARENT & STUDENT DOCKER

October 5th – October 9th

Mon. Oct. 5	Fire Drill Nail Club	3:30-6:00pm Art Room
Tues. Oct. 6		
Wed. Oct. 7	Early Dismissal 2:27pm	
Thurs. Oct. 8	Photo Day--Retakes	
Friday Oct. 9		

SAVE THE DATE



OCT. 12	Thanksgiving No scheduled Classes
OCT. 13	Alumni Meeting
OCT. 14	Raft/Focus Block
OCT. 15	Earthquake Drill- The Great Shakeout
OCT. 19	PAC Meeting 6:45pm
OCT. 21	Parent /Teacher Meetings
OCT 23	Pro- D No Scheduled Classes

Attention:

The **Student Verification Forms** are on Student Connect for you to review!

Student/Staff Photo Retakes Oct. 8

Location: Lower Cafeteria

Students will be called down for missed photos by Grade over the announcements.



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 AS THEY MAY GO MISSING.





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!

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. 5 – Oct. 9

Monday	Chorizo breakfast sandwich, house made chorizo sausage patty, scallion egg frittata, jalapeno Havarti cheese on a cheese biscuit, served with hash browns
Tuesday	Mojo pulled chicken taco, tomatillo salsa, shredded cabbage, chipotle crema
Wednesday	beef or vegetarian lasagna, garlic toast
Thursday	Chimichurri flank steak, yam gratin, charred corn salsa
Friday	Grilled Coho salmon, chanterelle mushroom risotto

Athletics

GRAD

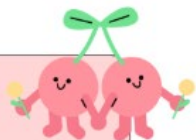
GRAD SPIRIT WEEK!

October 5 - 9

Monday- Oct 5



Twin Day



Tuesday- Oct 6



Adam Sandler



Wednesday- Oct 7



Nerds vs Jocks



Thursday- Oct 8



Senior Citizens

Friday- Oct 9

Anything But a Backpack



Cupcakes for those who participate!



**ESQUIMALT HIGH
GRAD 2027**

50/50



SCAN FOR TICKETS!

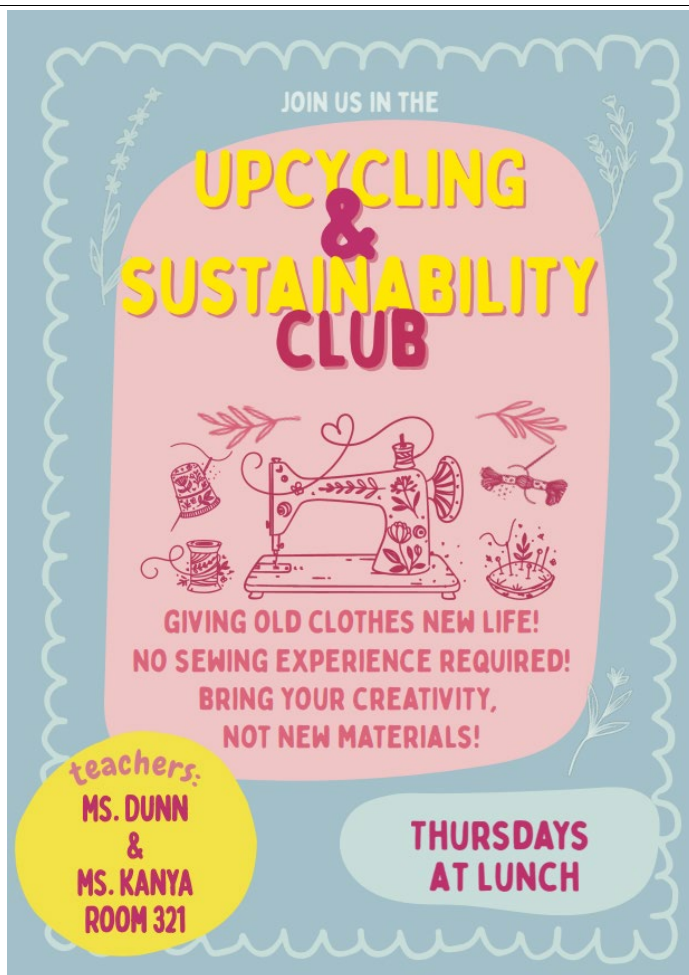
1 for \$5; 5 for \$20; 10 for \$30

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



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.



Nail Club

✚ starting up on October 5th! 3:30-6 in the Art Room



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!

Parent Resources

Self-Harm: There is always hope - FREE Online via Zoom - Presented by Keltly Mental Health

- Tuesday, October 6 - 6:30 to 8:00pm
- Wednesday, October 28 - 6:30 to 8:00pm

For more information and to register: <https://keltymentalhealth.ca/event/2026/10/self-harm-there-always-help-there-always-hope>

ADHD Caregiver Education Day - FREE Online via Zoom - Presented by the Provincial ADHD Clinic at BC Children's Hospital

- Monday, October 26 from 9am to 3:30

For more information and to register: <https://keltymentalhealth.ca/event/2026/10/adhd-caregiver-education-day>



Rowing: @ Gorge

- Wednesdays @ 4:00
- Fridays @ 4:00
- Saturdays @ 9:00

Volleyball:

SR BOYS' VOLLEYBALL

- **MONDAYS @ 5:30**
- **WEDNESDAYS - LEAGUE NIGHTS - SCHEDULE TBA**
- **THURSDAYS @ 5:30**

SR GIRLS' VOLLEYBALL

- **MONDAYS @ 5:30**
- **TUESDAYS - LEAGUE NIGHTS - SCHEDULE TBA**
- **THURSDAYS @ 3:30**

JR BOYS' VOLLEYBALL

- **MONDAYS @ 3:30**
- **WEDNESDAYS @ 3:30**
- **THURSDAYS - LEAGUE NIGHTS - SCHEDULE TBA**

JR GIRLS' VOLLEYBALL

- **MONDAYS @ 3:30**
- **WEDNESDAYS @ 7:30 AM (BEFORE SCHOOL)**
- **THURSDAYS - LEAGUE NIGHTS - SCHEDULE TBA**



Soccer:

Tuesdays and
Thursdays
afterschool



Track and Field:

X-Country practices afterschool Mondays, Wednesdays, and Fridays

Any questions please contact: [Sarah Thornber](#) (BSc, PDPP, SPED)

Our first race at Lambrick park was a success with 4 athletes qualifying for Island Championships. Top performer Macy Eison Grade 10 was 4 th in the Junior race.

Two more league races to go. **Next one at Beaver Lake on Wednesday Oct 7.**

Too Junior boy finishes from

Daniel O'Reagan and Ryan Perkins in 7 th and 8 th.

Macy Eison top junior girl in 3 rd place.

Top 25 performances from our two senior athletes Ohenewaa Owusu-N and Jude Andrews

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://bookings.cloud.microsoft/book/EsquimaltHighSchool@gvsd61.onmicrosoft.com/?ismsaljsauthenabled>

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.

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)

Recycle and Compost!

Improper waste management contributes directly to climate change through greenhouse gas emissions. A few amazing groups of ESQ students will be helping our planet by ensuring proper recycling, composting, and garbage disposal in our school. Do your part and help our planet by using the appropriate receptacles for getting rid of your waste!



GARBAGE (for all other waste!)

COMPOST (for FOOD waste)!

**RECYCLING (blue bins
for CONTAINERS and
BOTTLES!)**

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**





South Island
Community Council

INCLUSION RESOURCE FAIR

DISCOVER WHAT'S AVAILABLE IN YOUR COMMUNITY!

Learn about inclusive and accessible resources, supports and opportunities in your community.



MEET
New people and build connections



EXPLORE
Opportunities in your community



CONNECT
With local organizations and service providers



ENJOY
Coffee & tea provided



Tuesday, October 20th, 2026 from 3:00pm-8:00pm



University of Victoria, Michele Pujol Room in Student Union Building, 3800 Finnerty Road, Victoria, BC.

Hello Families! Student Photo Information:

Exciting news! Your online gallery from your school 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 Q R flyer your child was given on photo day. Please check with them.

Any active email address can be used to login.

Your order deadline is: October 7

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. Enter the information required.
3. Your code will be emailed within 1 business day.

Catch Up Photo Day:

Did you miss the first photo day or are needing a retake? Retakes are offered for expression, poor posture, or head tilt; not for personal style changes (ie: change of clothing or hair). Please note all glass glare is removed on final prints.

If you would like your photo taken, we will be at your school on:

October 8 2026

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

Phone: 1.888.644.4494

Email: help@mountainwest.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.



BGC South Vancouver Island (Boys & Girls Club of Greater Victoria) offers two programs to support parents of teens: Parenting without Power Struggles and Parents in the Know, a 10-week in-person program. Both provide tools, skills and support to help parents guide their teens with confidence. Your teen's future starts with your support. Let's navigate this journey together!

PARENTING WITHOUT POWER STRUGGLES

For parents of kids
aged 9-14 yrs

Meets In-Person at
345 Wale Rd, Colwood
Tuesdays @ 6:30-8:30pm
Sept 29 - Dec 10 (10 weeks)

This program encourages parents to build on their family strengths, gain confidence in parenting an emerging teen, and discover practical ideas on how to prepare for the transition from preteen to teen.

PARENTS IN THE KNOW

For parents of teens
aged 15-19 yrs

Meets In-Person at
410 Macaulay St., Esquimalt
Thursdays @ 6:30-8:30pm
Oct 1 - Dec 3 (10 weeks)

An education and group support program for parents of teens who want to develop new skills and knowledge while increasing their confidence as a parent while they support their teens' development into adulthood.

Connect with Us:

Nicola Mackay, Family Programs Manager
250.686.9109 parentingprograms@bgcsvi.org

ROYAL CANADIAN NAVY CAREER EXPLORATION DAY

Interested in the Navy, skilled trades, engineering, mechanics, electronics, or hands-on careers?

Students in Grades 10–12 are invited to take part in a Career Exploration Day at CFB Esquimalt Dockyard. *Priority given to Grade 11 & 12 students.*

Wednesday, October 14, 2026

10:00 AM – 2:00 PM

CFB Esquimalt Dockyard

EXPLORE • LEARN • DISCOVER

Students will have the opportunity to:

- Explore HMCS Calgary and try Damage Control skills
- Explore skilled trades at FMF Cape Breton, including Metal & Hull, Electrical, Electronics and Mechanical Trades
- Take a ride in a Multi-Role Boat and learn about careers involved in maintaining Navy small boats

Lunch is provided. Part of the day will be outdoors, so dress for cold weather and bring a water bottle.

Students are responsible for their own transportation to and from the Dockyard.

Please note: Participation is limited to Canadian citizens and permanent residents.

INTERESTED? FORMS DUE BACK OCTOBER 6

Email Tarra Clarke at tclarke@sd61.bc.ca to let her know you are interested.

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.

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**



PARENTS' ADVISORY COUNCIL (PAC)

WHAT IS THE PAC?

The PAC provides a forum for membership to exchange ideas, express concerns, and ask for support in all matters relating to the school.

PARTICIPATE

Executive | Committees | Events

Through the Executive, the PAC advises the board of school trustees, school principal and school staff respecting any matter relating to École Secondaire Esquimalt High School.

Committees may be formed based on need and interest. Examples of committees include Indigenous Relations, Communications, and Alumni.

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

MEETINGS

General Meetings | Annual General Meeting | Special
General meetings are open to all PAC members. Check the school e-newsletter or the PAC Facebook page for dates and times.

Yearly, there is an Annual General Meeting (AGM) wherein a new Executive is named.

Occasionally, a meeting may be called to discuss a topic of special interest to membership. Socials happen, too!

We can't wait to meet you!

DID YOU KNOW?

You must opt-in to be included in PAC correspondence. Send us your email address, or follow us on Facebook to stay informed. Also, keep an eye out for us in the weekly school newsletter.

Make sure your voice is heard.



esquimaltpac@gmail.com



@EsqPAC



ESQUIMALT.SD61.BC.CA /
PARENT-INFO

847 COLVILLE RD
VICTORIA, BC V9A 4N9



\$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

Student and Family Affordability Funding 2026-2027

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.



Student Costs Information 2026-2027

Textbook Deposit	\$22.00	Onetime deposit required for all <u>new</u> students. Deposit is refundable, upon request, when the student finishes/leaves the school provided there are no outstanding liabilities.
Student Activity Cost	\$27.00	Optional - provides student with photo IDcard and supports special school events.
Grad Cost	\$42.00	Optional - recognition ceremony costs & grad cap/gown rental.
Yearbook	\$53.00	Optional – distributed in June 2027
Locker	\$8.00	Optional – locker includes a lock. Onetime cost for <u>new</u> students.

PAYMENT OPTIONS

Payments can be made by credit card through School Cash Online at

<https://sd61.schoolcashonline.com/>

Link is also available on the Esquimalt High website. A School Cash Online registration guide is attached.

Payment by cash, cheque, debit, and credit is accepted in the office for those who cannot pay online.

**No student will not be denied the opportunity to participate in educational opportunities due to financial hardship. Please contact the Principal or a Vice-Principal if finances are an issue.*

Fast, safe, and convenient! **Greater Victoria School District** would like you to get started today and register. It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications of upcoming events and fees involving your child(ren).

NOTE: If you require assistance, select the *GET HELP* option in the top right-hand corner of the screen.

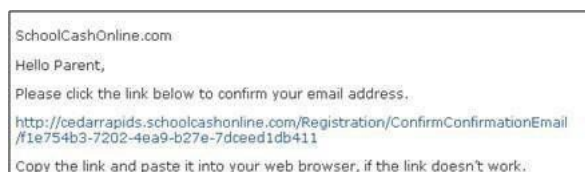
Step 1: Register

- Go to the *School Cash Online* home page
<https://sd61.schoolcashonline.com/>
and select the **"Get Started Today"** option.
- Complete each of the three Registration Steps
*For Security Reasons your password, requires **8 characters, one uppercase** letter, one **lowercase** letter and a **number**.



Step 2: Confirmation

- A confirmation email will be forwarded to you.
- Click on the link provided to confirm your email and School Cash Online account
- Sign into account with credentials.



Find Student

School Information

School Board Name: School Board 1575
Looking for a student in a different school board? ☐ ?

School Name: Eagle High School ?

Student Information

Do you have the student number? ☐

Student Number ?

First Name: *

Last Name: *

Birth Date: *
Date format: mm/dd/yyyy

Continue

(No students? [Click here](#))

Step 3: Find Student

Note: Student Number is Not

Required

This step will connect your children to your account.

- Enter the School Board Name
- Enter the School Name
- Enter Your Child's Name & Birth Date
- Select **Continue**
- On the next page confirm that you are related to the child, check in the Agree box and select **Continue**
- Your child has been added to your account

Step 4: View Items or Add Another Student

If you have more children, select **"Add Another Student"** option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select **"View Items For Students"** option. A listing of available items for purchase will be displayed.

Parent Connect: How to Check Report Cards online?

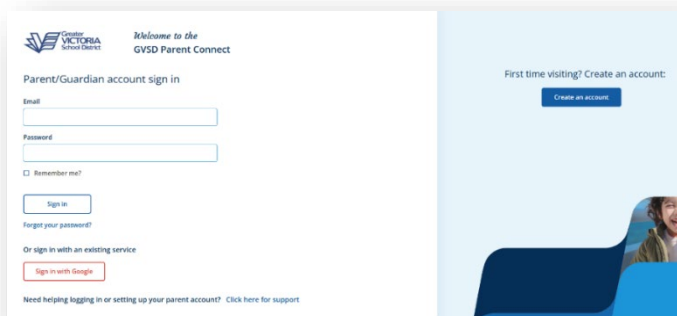
Our Learning Updates (Report Cards) are updated in the [Parent Connect Online System](#). The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

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.

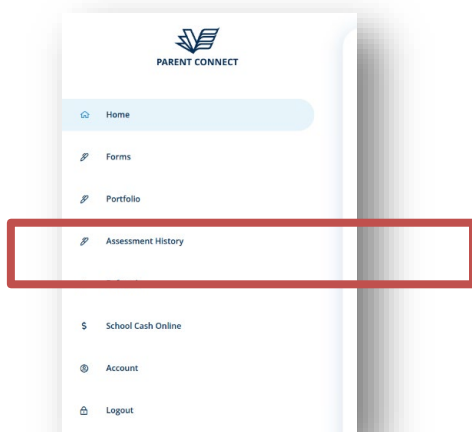
Paper copies will only be available **upon request** in person from the office.

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

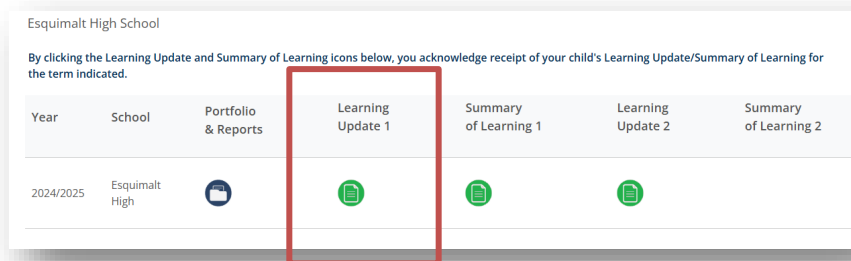
How to access to the Learning updates? Here are the steps



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/>