ESQUIMALT PARENT & STUDENT DOCKER

Nov. 16 – Nov. 20

Mon. Nov. 16	Alumni AGM **PAC meeting** Grad Photos	**7pm—Theatre** **6:45pm—All Nations Room** **See info from Mountain West**
Tues. Nov. 17	Grad Photos	**See info from Mountain West**
Wed. Nov. 18	Raft/Focus Block Lockdown Drill **Grad Photos**	 **During D Block** **See info from Mountain West**
Thurs. Nov. 19		
Friday Nov. 20	**Term 1 marks published on Parent Connect** Grad Coffee Orders Due	

Coming Soon

SAVE THE DATE

NOV 21	**Grad Photos- See info from Mountain West**
NOV 23	**Zoutts Pub Trivia-Grad Fundraiser (See Poster)**
NOV. 25	**Raft/ Focus Block**
NOV 27	**Po D- Day- No Scheduled Classes**
NOV 28	**Robotics Scrimmage**
DEC 1 AND 3	**Winter Music Concert Part 1 and 2**
DEC 2	**Early Dismissal—2:27pm**
DEC 5	**Robotics Bottle Drive**
DEC 9	**Raft/Focus Block**
DEC 11	**ESQ Music Holiday Social**

Term 1 Ended Friday Nov 6th

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

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

Important: Self – Reflection on Core Competencies

At the end of each term, students will self-reflect on Core Competencies and set goals for the next term. Students will complete and upload a digital **'Self-Reflection on Core Competencies'** activity each term into GVSD's Student Connect application to share with parents/guardians.

To complete this activity, students can follow these instructions: bit.ly/esqgoals.

Students are asked to upload their completed activity to GVSD Student Connect before Wednesday, November 18th.

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. 16 – Nov. 20

Monday	Pork Katsu Sando, panko breaded pork cutlet, Japanese BBQ sauce, pickled daikon and carrot, shredded cabbage, miso mayo
Tuesday	North African Braised beef Taco, mint crema, harissa slaw, pickled onions, pomegranate molasses
Wednesday	Pork belly bao buns, Korean BBQ sauce, pickled daikon and carrot, cucumber, cilantro
Thursday	Cajun chicken farfalle pasta alfredo served with garlic toast
Friday	Bacon wrapped Pork tenderloin medallions, roasted garlic mashed potatoes, honey roasted carrots, chanterelle demi-glace.



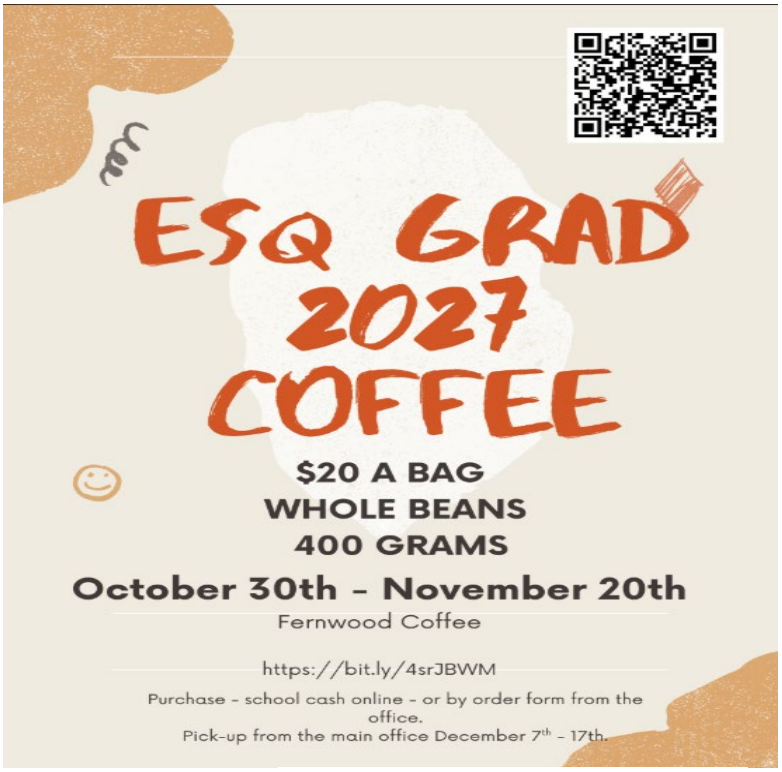
ESQ 2027 Europe Trip

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 .

GRAD FUNDRAISER:

Get Your Coffee While It's Available:





Come for the Fun and Laughter while supporting 2027 Grads.

Why not Spice up a Monday evening?

New Edition for Dockside Dispatch:

Here is the latest episode of dockside dispatch for your focus or raft blocks!

https://www.youtube.com/@EsquimaltNews



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 CFAX Santa's Anonymous!

ORDER NOW





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

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**







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.

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.

POST-SECONDARY VISITS @ ESQ!

BC POST-SECONDARY MINI FAIR – NOVEMBER 18!

Wednesday, November 18 | 9:30–11:00 AM | ESQ Theatre Foyer

Wondering what comes after high school? Representatives from BC colleges, universities, and technical institutes are coming to Esquimalt High!

All Grade 11 and 12 students will have an opportunity to explore post-secondary

pathways, learn about programs and admission requirements, discover scholarships, and ask questions about student life and future opportunities.

When do students attend?

- **Grade 11: Block A | 9:30–10:00 AM**
- **Students with spares: Break | 10:00–10:08 AM**
- **Grade 12: Block B | 10:10–10:50 AM**

Students will attend during their assigned 10-minute time slot. Teachers will provide instructions about when to attend.

Who will be there?

Participating institutions include UVic, Camosun College, UBC, SFU, VIU, Royal Roads, Emily Carr, North Island College, Langara College, UNBC, Trinity Western, and more!

Check out PSI BC Resources

https://www.postsecondarybc.ca/

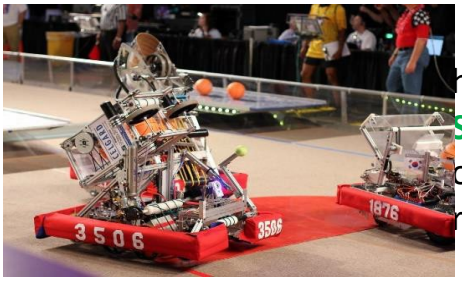
Upcoming University Presentations

University of Victoria (UVic) Presentation – Monday, November 23 | Lunchtime RM211 - No sign-up required!

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

Attention all Grade 10 Students
Your first Careers 10 meeting is on **Monday Nov 16th during C block.**
Go to your classes for attendance, and you will be called down.
Please join the google classroom: **z27ufjee**





Robotics: **Saturday November 28nd** Esquimalt High is hosting robotics teams from around the city for a scrimmage. On **Saturday December 12th** Esquimalt High will be hosting an official FIRST Technical Challenge Qualifier tournament for robotics teams from Vancouver Island (spectators welcome).



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.

Winter Dance Show

Dec 9th in the Theatre
Doors: 6:30pm
Showtime: 7:00pm
Admission by donation

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)**



Centre for Healthy Screen Use at the Canadian Pediatric Society (CPS) Link: https://healthyscreenuse.cps.ca/

"The Canadian government introduced the Safe Social Media Act (Bill C-34) on June 10, 2026. Its stated purpose is to "establish new safety requirements for social media services and AI chatbot services." It is currently a bill, meaning it is not yet in effect. The Centre for Healthy Screen Use developed this document to help parents, caregivers and others better understand what this bill could mean for children and youth in Canada. Details of the bill may change as it is reviewed and discussed in Parliament."

CPS document: Canada's Safe Social Media Act Link: https://healthyscreenuse.cps.ca/assets/uploads/documents/Resource-Library/SafeSocialMedia_EN.pdf

Mental Health Commission of Canada - Highlights Digital Media & Youth Mental Health Link: https://mentalhealthcommission.ca/digital-media-and-youth/

Canadian Mental Health Association: Helping young people navigate changes to social media with "C-O-N-N-E-C-T-I-O-N: A Guide to help families prepare for a minimum social media age of 16" Link: https://cmha.ca/brochure/connection-guide/
"What could a proposed minimum age of 16 for social media mean for young people and their families? CMHA's new **CONNECTION** guide helps parents and caregivers start the conversation. It offers practical ways to listen to young people's concerns, understand what they value about social media and find other ways to stay connected."

Stigma Free Mental Health - Parent Resources https://studentmentalhealthtoolkit.com/parent-resources/

Protect Kids Online

ProtectKidsOnline.ca is designed to assist parents/guardians in protecting their children on the Internet and reducing their risk of victimization. Information is regularly gleaned from Cybertip.ca to create current, developmentally appropriate prevention material.

Link: https://protectkidsonline.ca/app/en/
Link: https://www.cybertip.ca/en/





Raising Digitally Responsible Youth: A Parent's Guide

This Parent's Guide to Raising Digitally Responsible Youth will equip parents/caregivers with the knowledge they need to stay in the loop about the most popular applications and trends. Correspondingly, this guide will give a better understanding of a child or teen's internet usage to more relate to the digital world they live in.

Link: **https://icdta.org/raising-digitally-responsible-youth-resource-guide/**



erase
EXPECT RESPECT & A SAFE EDUCATION

Establishing Safe, Caring & Respectful Digital Communities

Everyone welcome! Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. (60 minute session)

Link: https://pages.saferschoolstogether.com/erase-family-session

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion.
Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

Upcoming Remote Sessions:

Please click the date you would like to register for.

November 25, 2026
January 14, 2027
March 10, 2027
May 11, 2027

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.

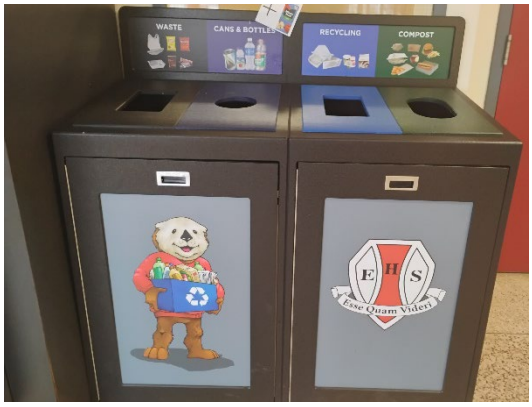
Help us fill Santa's Closet!

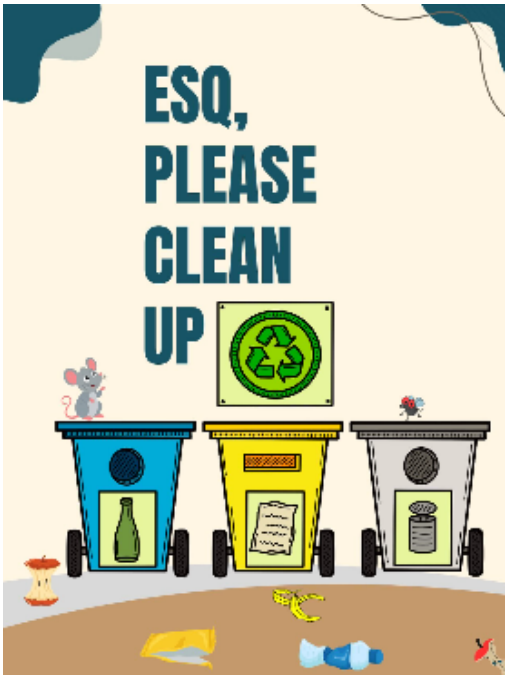
If you have donations, would like to volunteer, or have any questions, please contact Ms. Horlor at lahorlor@sd61.bc.ca or come and see her around the school.

Let's fill Santa's Closet together!

Esquimalt High School Students Champion their planet by organizing a Compost and Recycling Program.

Students can sort their trash in many convenient locations around the school.





SHARING OUR STORIES OF SUCCESS



Thank you to Owen Olsson and Margaret Fournier for representing Esquimalt High School along with alumni member Mr. Barry Scott at the Remembrance Day Ceremony on November 11, 2026.



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/

💻Parent Connect: How to Check Report Cards online?

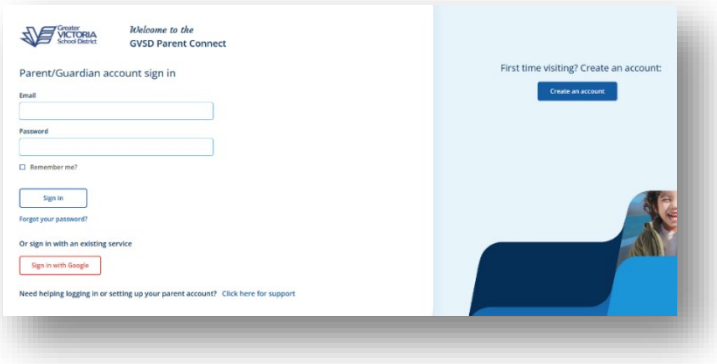
Our Learning Updates (Report Cards) are updated in the Parent Connect Online System. The service reduces the amount of paper forms and allows parents and school staff to review a student's consent information on-demand.

How to create an account and access the system: Parent Connect instructional video or PDF Instructions

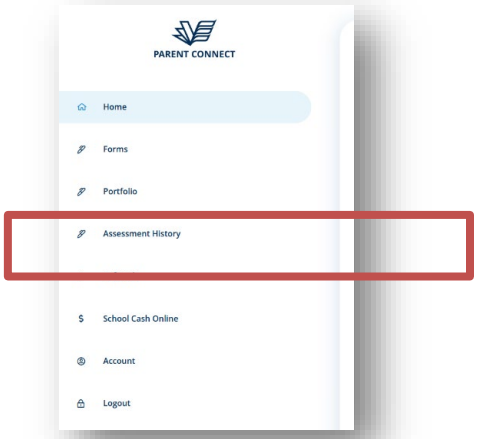
Considering that 20% of the students in SD61 speak different languages than English and French, the service also includes Google Translate to support parents who prefer to communicate in other languages.

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

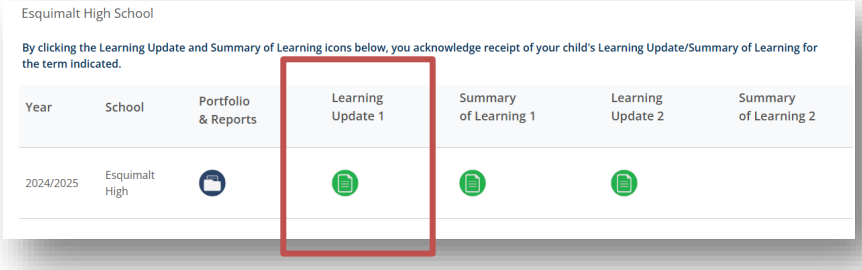
How to access to the Learning updates? Here are the steps ⬇️ ⬇️



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.