

# NEXT WEEK AT COLQUITZ

Nov. 21 -Nov. 25, 2022

## Ongoing Road Construction

As you know, the road improvement construction project continues in front of the school. We realize this is an inconvenience for those of you dropping off and picking up your children, so we ask your continued patience when coming through the site and when dealing with the construction crews. A reminder that our rear parking lot off Raymond St. on Brunswick Pl. is a great place to pick up and drop off as it is construction free. **The parking lot in front of the school is for staff only.** Backing up in the parking lot is very dangerous when students are running out of the school at the end of the day. Thanks again for your continued patience and cooperation with these improvements.

Colquitz Theatre proudly presents: *Sumerian Snare the Epic of Gilgamesh* November 30th through Dec. 2<sup>nd</sup> in the Drama room. All seats are only \$10, and we're so excited to have the opportunity to have full-house in-person audiences again. The play is based on the oldest recorded story in humanity, found on ancient clay tablets written over 5000 years ago. While our play has a dash of humour and contemporary context, the epic adventure stands the test of time. There may be some scenes that are a little scary for younger audiences, and a fog machine is used briefly toward the end of Act 1. With so many students in Theatre this year we have two casts: every student is on stage every night, but this way more students have time to shine! Team Kish has a Wednesday Matinee and the Thursday evening, and Team Lagash has Wednesday evening and Friday evening. Tickets can be purchased online here: <https://www.showtix4u.com/events/19910> We can't wait to share this adventure with you! \*please note that while there will not be a livestream option for the show at this time, recordings are being made of both casts and will be available for purchase as soon as our videographer has them edited for use!

## Kernels Popcorn Fundraiser at Colquitz

Exciting news - Division 12 will be running 2 popcorn days in December! Families will be able to order popcorn online to be delivered to classrooms at Colquitz on December 7 and 14. All popcorn is whole grain, hand packed in heat sealed in individual snack sized bags, ready to eat! The popcorn is made with GMO free corn, no trans fats and is gluten free and nut free with 4 great flavours to choose from - Buttersalt, Dill Pickle, White Cheddar and Salt and Vinegar. We will also be offering a donation bag option for families to choose a bag to donate to students in the classroom who might not be able to access popcorn days. Popcorn will cost \$2.50 a bag and ordering will be via School Cash online.

All popcorn orders must be placed before the cutoff date. We will not be selling popcorn on the day. It's important to know that we are leaving delivery times on our popcorn days up to the individual teacher. They will be able to decide what works best for their classroom.

**Should your child be absent from school, your teacher will save their popcorn for when they return. This may mean that popcorn will be enjoyed at school during the school day or sent home with students to enjoy**

## Upcoming Dates:

**Nov. 24-** Gr. 6  
Immunizations

**Nov. 30-**  
Curriculum  
Completion Day-  
Early dismissal @  
11:45am

**Nov. 30, Dec. 1 & 2**  
Sr. Theatre  
Performance  
@7pm

**Dec. 7-**Winter  
Concert @7pm

**Dec. 8-**Cram the  
Cruiser food drive

after school. We will not be able to accommodate requests to arrange pick up or to send home with siblings or friends.

Thank you for supporting Division 12's fundraising efforts!

**9<sup>TH</sup> ANNUAL COLQUITZ SCHOOL FOOD  
DRIVE CRAM THE CRUISER ON  
THURSDAY DECEMBER 08, 2022**

**IN PARTNERSHIP WITH SAANICH POLICE & BURNSIDE GORGE  
COMMUNITY ASSOCIATION, AND COLQUITZ MIDDLE SCHOOL  
IS EXCITED FOR OUR ANNUAL FOOD DRIVE!**

**WE ARE TAKING DONATIONS OF NON-PERISHABLE ITEMS,  
NEW TOYS, AND GIFT CARDS.**



**Making a  
difference  
that matters!**



**Keep  
Feeding our  
Community!**

**If you are interested in supporting our yearly event, please  
drop off items at 505 Dumeresq St. If you have any questions  
please call Colquitz at 250-479-1678 Thank You!**

**(1) The Boys and Girls Club** is offering a series of online programs helping parents of teens, pre-teens, and children gain confidence, discover practical tips and resources, and find support from other parents.

- **Parents Together** Tuesdays-Ongoing- For Parents with Kids age 13-25 - 12-1:30 PM or 6:30-8PM
- **Parents in the Know** Wednesdays For Parents with Kids age 13-18 - 6:30-8PM - 10-12 weeks
- **Parenting Without Power Struggles** Thursdays For Parents with Kids age 9-12 - 6:30-8PM -10-12 weeks
- **Alumni Thursdays** Ongoing Drop in All Ages - 12-1 PM

For more information visit [BGCVIC](https://bgcvc.org) and/or contact [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org), or 250-686-9122.

**(2) [My Teen with ADHD Lacks All Motivation! How to Build Executive Function Skills and](#)**

**[Drive](#) Expert:** Maggie Sibley, Ph.D.

With deficits in the areas of executive functioning and motivation, many teens with ADHD become checked out and stressed out, frustrated by the constant struggle to keep up in class. In this webinar, learn how to develop a teen's self-confidence and help them find a niche in which they can be successful, teach skills to compensate for executive functioning challenges, and inspire self-motivation.

To access the recording and download the slide presentation, click this

link: <https://www.additudemag.com/webinar/i-dont-care-teen-angst-motivation-executive-function-adhd/>

**For Youth:**

**(1) Mind Me** is a new virtual group from the Foundry for youth aged 14-17 who are experiencing low to moderate struggles with depression and/or anxiety. Mind Me helps youth learn more about worries, anxiety, and depression and understand the impact of emotions and thoughts on our well-being. It also aims to facilitate the learning of strategies to cope with challenging emotions, worries and situations that can feel overwhelming. To learn more, go [here](#), or email [jpaguette@foundrybc.ca](mailto:jpaguette@foundrybc.ca) to register.