NEXT WEEK AT COLQUITZ

Feb. 27-Mar. 3, 2023

Where's That Spring Weather?

The cold is coming back so please make sure your children dress for the weather. We will be outside for breaks and some classes so thank you for having them dress warmly.

Upcoming Dates:

Feb. 24-Volleyball fundraiser @5:10pm

Mar. 3-Gr. 8s to Camosun

Mar. 8-Spring Concert @7pm

Grade 8 Transition

Just to let families of our grade 8 students know that the grade 8 transition process will begin in late February. The first big piece of this will be a school information and course selection session which will be done in class time here at Colquitz. Students should keep their ears open for more information in the coming weeks and we will keep families updated in our Friday Next Week at Colquitz mailing.

Yearbooks are on sale now! Yearbooks cost \$22. To order your child a copy of the yearbook, please go to **ybpay.ca** and use the order **ID 13717623.** If you are unable to order online, please bring \$22 cash to Ms. Schuring in room 120.

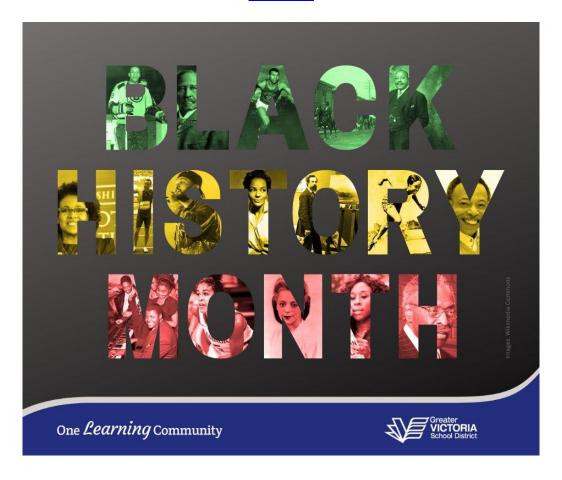
Yearbooks include:

YEARBOOKS

- 60+ colour pages of individual photos and fun memories from throughout the year.
- Sturdy soft cover
- Zoom insert that features current events and world news from the past year.



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Conhect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

A Conversation for Families About Digital Wellbeing & Mental Health

As parents it's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

Come together with other families to watch this 30 minute video presentation followed by a facilitated discussion by a FamilySmart Parent Peer Support Cost: Free of Charge

Date(s):

Monday March 6, 2023 630-8pm (PST)
Thursday March 16, 2023 930-11am (PST)
Wednesday March 22, 2023 12-130pm (PST)
Tuesday March 28, 2023 630-8pm (PST))
Thursday March 30, 2023 5-630pm (PST)

Registration required:

www.familysmart.ca/events







