

next week at colquitz

friday, October 13, 2023

upcoming important dates—*mark your calendars!*

Wednesday, Oct 25	Parent-Teacher Interviews—1:49pm early dismissal
Thursday, Oct 26	<i>Eid-e- Milad un Nabi (Mawlid)</i> <i>Intersex Awareness Day</i>
Tuesday, Oct 31	Hallowe'en
Wednesday, Nov 1	Enrichment Starts
Wednesday, Nov 8	Indigenous Veterans Day
Thursday, Nov 9	PHOTO RETAKES
Friday, Nov 10	Remembrance Day Assembly @ 10:45am



Hallowe'en costumes considerations for Families

At Colquitz, we want all students to be mindful of their choices throughout the year in terms of how they might make other people feel.

As we move in to October and start to think about Hallowe'en, and in keeping with the Colquitz values of advocating for respect, equity, and appreciation of diversity and inclusion of all (which includes cultural and gender diversity) we wanted to support you in supporting your children in making appropriate choices for their costumes.

Here are some tips in the form of questions to assist you in choosing a costume.

Ask yourself:

1. Is my /my child's costume depicting and perpetuating a stereotype or stigma associated with a particular race, culture, religion or gender?
2. Does my /my child's costume include a replication of a garment that is a significant component of a particular religion or culture of which I /we do not identify with?
3. Is my /my child's costume depicting a historical time-period where that look/costume is now considered offensive and discriminatory?
4. Does my /my child's costume represent elements of a culture or cultural practice that is being commoditized for consumption?
5. Can I look in the mirror and confidently say that my /my child's costume choice would not be considered offensive to a particular race, ethnic origin, gender or religion?

Thank you for your help in supporting positive costume choices.



Parent-Teacher Interviews

Wednesday, October 25th
2:30-7:30pm

Early Dismissal for students: 1:49pm

Please keep an eye out for an email from your child's advisory teacher to book your Parent-Teacher Interview.

*Please note these meetings are with **Advisory teachers only**, not teachers who may teach your child a specific subject. If you'd like to connect with the subject teacher, please email them separately.*

Reporting

Absences



Please email colquitz@sd61.bc.ca AND your child's teacher if your child will be late or absent, or call the Attendance Line at 250-479-4313.

This is the best way to ensure we get the message and a call-out does not go out to you in error. **Thank you**

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FINE ARTS UPDATE



Poinsettia order forms have been sent out and orders are due Oct 25th. Please read the information about "one lump payment" from our poinsettia fundraiser leader.



T-shirt orders were due Fri. The t-shirts will now be organized, ordered and distributed to students when they arrive.

Below is the second attempt to make our full Performing Arts Data Base. This one should not require permission. Please click on the link to answer the few questions so we have more information. If you have a child in Band, Choir or Strings, please complete this form

<https://forms.gle/7mvq3A4G4fJT11eK8>

There will be a Senior Play Parent/Guardian Information Night on **Monday October 16th at 6:30 in the Art Room.**

There are many students involved in this play so we hope to have a large parent representation show up. Ms. Mackenzie may need your special skills!



The weather is changing, and the rain and cold are here overall.

PLEASE ensure your child brings a coat and clothing appropriate for the weather EVERY DAY.

Students are expected to be outside for breaks, PE, and other learning activities, every day. *If you need assistance with this, please do not hesitate to contact Ms*

Schlappner at cschlappner@sd61.bc.ca

Dishwasher donation?

It seems that our staff room dishwasher has gone kaput. Before we look into purchasing a new (used) one, we thought we would put it out to our wonderful community to see if anyone has a **used dishwasher they would like to donate.**



Please contact Ms Schlappner at cschlappner@sd61.bc.ca if you have one you'd like to offer. **THANK YOU! :)**

SPORTS @ COLQUITZ

Basketball Practices:

Gr 6/7 girls- Tuesday/Thursday 7:20-8:30 am

Gr 6/7 boys- Monday/ Wednesday lunch. **(still looking for a coach. Boys have been entered in recreation league consisting of 3 jamborees but we need a coach)**

Gr. 7/8 girls- Tuesday and Thursday lunch

Gr 8 boys- Monday and Thursday after school **(we need an extra coach for overflow as we have an excessive amount of interested players)**

**** We have a lot of boys wanting to play basketball but unfortunately do not have enough coaches. Team registration was due yesterday, however, we could arrange some exhibition games if we find coaches for the above mentioned.**

We do have sponsors without basketball knowledge.



If you are able to lend your coaching expertise, please email Christine Crljenkovic as soon as possible. crljenkovic@sd61.bc.ca

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Generation Health's Free 10 Week Program

Looking for a program your whole family can do together? Register now for Generation Health's free 10-week programs that help families in B.C. with at least one child between the ages of 8-12 years old get inspired to be healthier. The program involves fun family activities and opportunities to learn about:

- Healthy eating
- Physical activity
- Positive mental health
- Reducing recreational screen time
- Sleep hygiene

Additionally, positive mental health sessions with an expert have been added to the weekly sessions along with Q&A sessions with a Registered Dietitian and a Physical Activity Expert.

Family cooking classes are an optional additional activity that are offered each cycle and are facilitated by a Registered Dietitian and their children.

Upon completion of the program families are also eligible for a **Family Activity Credit** to stay active as a family afterwards and **grocery store gift cards**.

The program is offered on Vancouver Island In-Person and Virtually (via Zoom)

Dates: Mondays October 16 – December 11, 2023.

Times: 6:30-8:30pm

Locations: In-Person at The University of Victoria

Dates: Wednesdays October 4 – November 29, 2023.

Times: 6:30-8:30pm

Locations: Virtually via Zoom delivered by the West Shore Parks and Recreation Centre.

**Neither of these programs work for your family's schedule? We also have BC wide virtual programs, visit www.generationhealth.ca to see all the program times and locations.

To register, find exact program dates, or find out more about the program:

Ph: 604-251-2229

Email: info@generationhealth.ca

Register online: www.generationhealth.ca



SD61 Cold and Flu Season Reminders

We have reached that time of the year again! It is cold and flu season. As the leaves start to turn and the temperature drops, the tissues and sneezes begin to appear. With COVID-19 still circulating within our community, it is important to take extra precautions.

Please remind your child of the following important habits:

- Make sure to wash hands frequently.
- Avoid touching face, mouth, or eyes.
- Cover your mouth and nose when sneezing or coughing by leaning into your elbow or using a disposable tissue. Quickly throw away any used tissues and wash or sanitize your hands after.
- Respect the personal space bubbles of other students.
- Stay home when sick!

Please monitor your children daily for any cold or flu-like symptoms. In accordance with the Public Health Guidelines, **students and staff are asked to stay home when sick or displaying any symptoms of sickness**. If students develop symptoms throughout the day while they are at school, they will be reminded to use tissues or lean into their elbow to cover their coughs and sneezes. If required, an office staff member will contact you to arrange a pickup of your sick child. These protocols are in place to lower the risk of transmission of communicable disease and to keep our students and staff safe and healthy. **For more information on the health and safety protocols implemented in our schools go to: [Provincial Communicable Disease Guidelines for K-12 Settings](#)**