friday, october 27, 2023

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was another busy, fun-filled week at Colquitz, with basketball practices and games, some students moving to new Exploratories, as well as and the Grade 8 Aqua Pod holding their "Aqua Cup" competition. This is just one example of how teams find ways to enjoy their time together (see photos).



It was wonderful to see so many families here to connect with teachers at Parent-Teacher interviews on Wednesday. Thank you to those who said hello. We believe it is important to work as a team to support student success, and these connections become an integral part of that.

Speaking of the importance of parents, please note that there are several **Parent Education opportunities** coming up that you are encouraged to attend. The more parents know and understand about the issues we support at school, the more we can work together effectively. Note that the Parent Advisory Councils for Colquitz, Glanford and Spectrum have organized an education opportunity for our community of schools. Please join us at the **Spectrum theatre** for an **evening of discussion about the effects of the pandemic experience on youth, the issues they are facing and how we can best support them**. The discussion will be led by a panel

of expert guest speakers, including Island Health Chief Medical Health Officer Dr. Reka Gustafson, MYST (Mobile Youth Services Team) counsellor Mia Golden and Cst. Gord Magee, and Victoria Police Cst. Mark Jenkins. This panel discussion will help parents navigate some of the post-pandemic fallout we are seeing in our kids, such as:



- Mental health challenges (also see page 4)
- · Relationship issues
- Vaping (also see page 4)
- Drug use (also see page 4)
- Gang Recruitment (also see info on page 5)
- · Increased issues with cell phone use and appropriate use of social media

Get your free tickets by clicking here: https://www.eventbrite.ca/e/panel-discussion-effects-of-pandemic-experience-on-youth-tickets-741828889177?aff=oddtdtcreator

We hope you can make it!:)

Have a wonderful weekend with your friends and families.

- Carrie Schlappner- Principal

next week at a glance

Monday, October 30

Tuesday, Oct 31 Hallowe'en

Wednesday, Nov 1 Enrichment Starts (All Students in play at rehearsals at this time)

Thursday, Nov 2

Friday, Nov 3 Indigenous Students' Pizza Lunch

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upcoming important dates—mark your calendars!

Wednesday, Nov 8 Indigenous Veterans Day

Thursday, Nov 9 PHOTO RETAKES

Friday, Nov 10 Remembrance Day Assembly @ 10:45am

Monday, Nov 13 NO SCHOOL—Remembrance Day, Observed

Monday, Nov 20 ProD Day—NO SCHOOL for Students

Tuesday, Nov 21 PAC Meeting @ 6:30pm in Library

Friday, Nov 24 Spirit Day—Neon

Week of Nov 27th Fall Play—Monday, Tuesday, Thursday and Friday @ 7pm Wednesday, Nov 29 CC Day—early dismissal @ 11:45 for excused students

Thursday, Nov 30 Fall Play @ 7pm

Friday, Dec 1 Fall Play @ 1pm (students only) and 7pm



Prepare for the Weather

It's fall (ummm... this week—winter?!?!)! The rain and cold are here.

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.

If you need assistance with this, please do not hesitate to contact Ms Schlappner at cschlappner@sd61.bc.ca



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.

We have shared for the past two weeks about making careful costume choices that ensure things like that we are not using others' cultures or genders as a costume.

We also want to ensure students understand that for safety reasons, full face masks cannot be worn EXCEPT in our "Costume Parade and Contest", or with permission of a teacher in a classroom. We need to be able to safely identify people in a school setting.





SOGI

PARENT INFORMATION SESSION

Wednesday November 8th 6:30-8:00 pm

Join BC SOGI 123 Lead, Zakary Myers, and Mischa Oak in this information session to learn more about the SOGI-inclusive environments in our schools. SOGI awareness and allyship strategies will also be shared.

This will be a virtual session.

A recording of this session will be available at https://learn.sd61.bc.ca/sogi/ until December 20, 2023.

CLICK HERE TO JOIN THE MEETING

Reporting
Absences

ADSCITCES

One Learning Community

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

T-shirts are being ordered and will be handed out when they

arrive. Some students have received their orders already.

The Greater Victoria Youth Orchestra will be doing a performance for the school on Wednesday, November 8th in the afternoon. It will be followed by a workshop with Grade 8 Band.

The poinsettia fundraiser has now closed and soon there will be Purdy's forms coming home for your child. These funds go directly to your child's fundraising account and can be used for tour in Gr 7 and 8.

Monday and Tuesday are the last 2 days of our "Guess the number of candies in the jar" fundraiser. Guesses cost 25 cents during the lunch hour in the main lobby.

Parent Education Panel Discussion



Weds Nov 8 6:30-8pm



Spectrum Community School 957 Burnside Road

Post Pandemic Impacts on Youth



Dr. Reka Gustafson Chief Medical Health Officer, Island Health









Seating is limited. Please book your spot on EventBrite



SPORTS @ COLQUITZ

Basketball practices and games are underway! Here is the Master Basketball practice/game

https://docs.google.com/document/d/1elKFA2Qks8urN1VoNR0wRp-1DIC erbfwf1f-a Golk/edit? usp=sharing

Monday: -gr 6 girls practice 7:30 am

-Comp 7/8 teams travelling

-Rec 7/8 boys-jamboree @ Colquitz

3:45-6:00

Tuesday: -Gr. 7/8 girls practice lunch

-Gr 6 girls game:3;45 Bayside @

Colquitz

Wednesday: -Gr 7/8 rec boys practice lunch

-Gr 8 boys game 3:45 Colquitz @

Journey

-Gr 7/8 girls game 5:00 Colquitz @ PCS

Thursday: -7/8 boys rec 7:45 am

-Gr. 6/7 boys practice lunch

-Gr 8 boys practice after

school

Friday: -Gr 6 girls practice 7:30 am

-Gr. 7/8 girls practice lunch

-Possible 7/8 boys practice

after school



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'intheknow'

Connect 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.

Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This event offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Come together with other families to watch this 35 minute video presentation followed by a 40 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.



Cost: Free of Charge

Date(s):

Wednesday, November 8, 2023, 6:00pm (PST) Tuesady, November 14, 2023, 6:30pm (PST) Thursday, November 16, 2023, 12:00pm (PST) Tuesday, November 21, 2023, 6:00pm (PST) Thursday, November 23, 2023, 6:30pm (PST)

Registration required: www.familysmart.ca/events





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FREE GANG EDUCATION & TRENDS - SEMINAR





FRIDAY NOVEMBER 17TH 6:30 - 8:30PM ROYAL OAK MIDDLE SCHOOL

AN OPPORTUNITY FOR PARENTS & CAREGIVERS TO BETTER UNDERSTAND GANG TRENDS IN OUR COMMUNITY

- Understand current and local gang-related activity
- Identify early risk factors
- Awareness and education on social media/substance use trends
- Importance of accessing community-based supports
- Parent Resources and Guides
- Live Q&A
- Prize Draw Free One Time Saanich Rec Drop In Passes

Saanich Police in collaboration with Central Saanich, Oak Bay, Victoria Police Departments and partnership with Saanich Community Services Youth Division.











communityengagement@saanichpolice.ca

www.saanich.ca/youth

250 475 7600

Registration Link: Activity detail | RecOnline (activecommunities.com)