

next week at colquitz

friday, november 17, 2023

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was another beautiful week in the neighbourhood, with lots of laughs and learning along the way.

Red Pod had a huge Board Game Café in the gym, and Basketball and the Fall Play rehearsals are going strong.

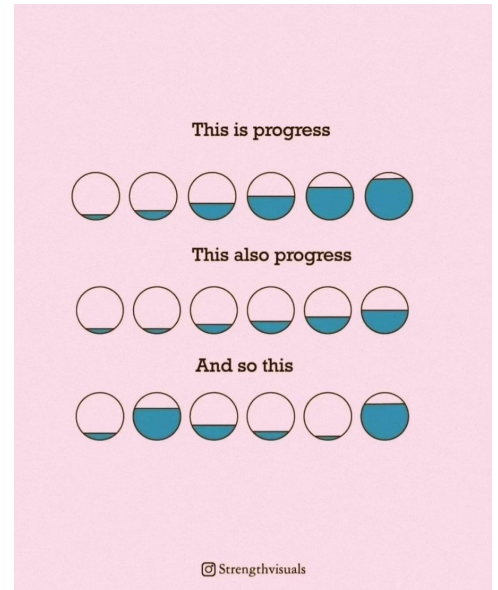
Next week, don't forget it's a ProD Day on Monday, PAC Meeting on Tuesday, and it's NEON Spirit Day next Friday, the 24th. The week after that is the performances of the play, *"The Waters of Yggdrasil: A Viking Age Adventure"*, so see page 2 for details to buy tickets. Seating is limited, so act fast!

Also please check in with your child and their teacher around whether they are behind in their assignments to ensure their Learning Updates are a true reflection of their efforts and abilities.

Along those lines, we want to emphasize to students that learning is a journey, including the need to make mistakes, and that progress is not linear. I love these two graphics, because they show this well. When you receive your child's Learning Updates in December, please remember that it is a snapshot of where they are in their journey, and there is always room for growth. And we are here to support them in that.

Have a wonderful long weekend with your friends and families.

- Carrie Schlappner—Principal



next week at a glance

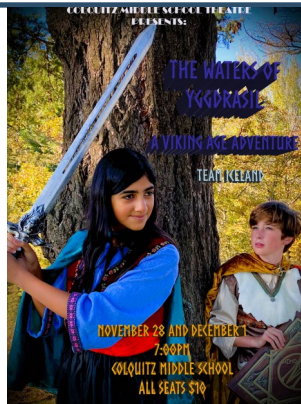
Monday, Nov 20	ProD Day—NO SCHOOL for Students
Tuesday, Nov 21	PAC Meeting @ 6:30pm in Library
Wednesday, Nov 22	Lockdown Drill
Thursday, Nov 23	
Friday, Nov 24	Spirit Day—Neon

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upcoming important dates—*mark your calendars!*

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
Sunday, Dec 3	<i>International Day for Persons with Disabilities</i>
Thursday, Dec 7	<i>Hanukkah Begins</i>
Sunday, Dec 10	<i>Human Rights Day</i>
Tuesday, Dec 12	Winter Concert 7pm— Grades 6,7,8 Band and Jazz Band
Wednesday, Dec 13	Winter Concert—1:15 performance (for students) Winter Concert—7pm -Jr. Band, Sr. Band, Provectus Choir & Beg/Int Strings
Thursday, Dec 14	Cram the Cruiser



Colquitz Middle School Theatre proudly presents our Fall Play,

"The Waters of Yggdrasil: A Viking Age Adventure"

Erik the Red and his children are struggling to maintain order in the new Viking settlement in Greenland, when an unexpected event shakes them to their very core. The children and their friends set off on an adventure battling elves, giants, dwarves, and other mystical creatures to save the settlement and

clear their father's name. Will they make it back to Greenland in time, or will the tides turn against them? Find out when you watch this exciting tale of medieval mayhem!

Performances are **Nov. 27-Dec 1st at 7:00pm here in our own drama room. All tickets are \$10 each and available through the following links.**

Team Greenland (Nov. 27 and Nov. 30 at 7:00pm) <https://www.showtix4u.com/event-details/78381>



Prepare for the Weather



It's fall, with hints of winter. The rain and cold are here. Some mornings, even frost!

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

Please email colquitz@sd61.bc.ca

AND your child's teacher if your child will be late or absent,



sent, 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



All Band playing tests are due Monday, Nov 20th at midnight through Google Classroom.

Tour details are being finalized and Intent to Travel forms have been sent home this week with all Grade 7 and 8 Fine Arts students. Once we have enough forms, payments of \$200 will be entered into KEV for the first payment to be made before Christmas. **Please send in your Intent to Travel for by Thursday next week. We need 80 students to be able to travel at this price.** If we do not get 80, the tour will not happen as the cost would rise too much. If there are questions that are preventing you from filling out the form, please email Mrs. Montgomery at kmontgomery@sd61.bc.ca. **Some financial aid is available if that is your concern, so please don't hesitate to reach out.**

Christmas concerts are happening on Dec 12th for all Band 6,7,8 and Jazz Band students and Dec 13th for all junior, senior and Provectus choirs and Beginner and Intermediate Strings. There will be bake sales both nights, so please bring a baked item to the concert in which your child is participating. Also consider volunteering to help with the bake sale set-up, sales and take-down.

Purdy's orders are due Nov 28th (see attached form). **Poinsettia orders and Purdy's orders can be picked up on Dec 13th at the school.** Remember that these two fundraisers go directly to your child's account for tour.

Reminder:

PAC Meeting

on **Tuesday,**

November 21st

@ **6:30pm** in the Library

Everyone welcome! :)

WELCOME PARENTS

ESQUIMALT HIGH SCHOOL'S

10TH ANNUAL GINGERBREAD HOUSE SALE FUNDRAISER

BROUGHT TO YOU BY THE CULINARY PROGRAM PROCEEDS GO TO CFAF SANTA'S ANONYMOUS

HOUSE KITS \$15.00 EACH

ORDER AT [HTTPS://BIT.LY/ESQGINGERBREAD23](https://bit.ly/ESQGINGERBREAD23)



ORDER DEADLINE DECEMBER 3, 2023



SPORTS @ COLQUITZ

Basketball practices and games are underway! Here is the Master Basketball practice/game schedule for Colquitz. □

https://docs.google.com/document/d/1eIKFA2Qks8urN1VoNR0wRp-1DIC_erbwfw1f-a_Golk/edit?usp=sharing

BASKETBALL

Tuesday

6 Girls Comp am practice 7:30
6 comp Game after school at Dunsmuir
7/8 Girls comp practice at lunch
7/8 Boys Comp practice after school

Wednesday

7/8 Rec practice lunch
7/8 Boys Playoff game at GHMS
7/8 Girls game at Bayside

Thursday

7/8 Rec boys practice 7:45 am
6/7 boys Intramurals lunch
7/8 Boys comp practice after school

Friday

6 Girls comp practice 7:45
7/8 Girls comp practice lunch
7/8 Boys comp practice after school (depending on Wednesday result)
Swim practice after school



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DEVELOPMENT CAMPS

Co-ed Gr. 6-8



Technical & Tactical Skills Covered:

- Serving & Spiking
- Positions, Rotations & Serve Receive
- Passing
- Setting
- Blocking, Defense & Digging
- Tournament Day



Sundays for SIX WEEKS!

10:00am - 12:00pm

December 3	January 7
December 10	January 14
December 17	January 21

\$120

Register



Registration closes November 30
For more info: brobillard@sd61.bc.ca



Backpack Buddies

Just a reminder to all our backpack buddies- *please remember to bring in your empty backpacks back to the office.*



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ORDER DEADLINE
DECEMBER 3, 2023



Pizza Hot Lunch Thursdays – Order yours now!



This is a reminder that in the last week of each month, families can order pizza for the next month. **December sales will open on November 30th, and January sales will open on Thursday, December 21st and CLOSE ON MONDAY, JANUARY 8th at NOON. The first Pizza Day will be in the New Year will be Jan 11th.**

Please note that you **need to order WEEK TO WEEK**, thus giving you the option to skip weeks if you so choose. **You must get your orders in each week BY MONDAY AT NOON. There can be no exceptions.**

Please note that there are no refunds for unclaimed pizza. Parents – you can arrange to pick up your order the same day or transfer it to another student **if you inform us by 11am Thursdays at colquitz@sd61.bc.ca or call 250-479-1678.**

Here is the link to School Cash Online to make your order: <https://sd61.schoolcashonline.com/>

FREE SAFETY SEMINARS

GANG EDUCATION & TRENDS Ages 18+

An opportunity for parents, caregivers, teachers and youth workers to better understand gang issues and trends in our community.

6:30 - 8:30 PM - Registration Required

November 17th @ Royal Oak Middle School - [REGISTER HERE](#)



RELATIONSHIP SAFETY FOR YOUTH Ages 12+

This program will focus on safe dating, cyber security, and healthy relationships, consent and harm reduction for our youth.

7:00 - 8:00 PM - Registration Required

November 20th @ Gordon Head Recreation Centre - [REGISTER HERE](#)

November 22nd @ Saanich Commonwealth Place - [REGISTER HERE](#)

November 23rd @ GR Pearkes - [REGISTER HERE](#)



NEW DRIVER EDUCATION FOR YOUTH Ages 16+

For Grade 10-12 aged new drivers, focusing on the graduated program, and best practices around driving. Learn about the effects of drugs, alcohol, and distracted driving as well as how to remain safe while out with friends.

7:00 - 8:00 PM - Registration Required

December 6th @ Saanich Commonwealth Place - [REGISTER HERE](#)

December 7th @ GR Pearkes - [REGISTER HERE](#)

December 11th @ Gordon Head Recreation Centre - [REGISTER HERE](#)



Saanich Police Department in collaboration and partnership with The District of Saanich Community Services Children & Youth Division.



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FamilySmart®

Together-Centred™

Focus on
Emotion Regulation
and Workshop on
Neurodiversity

FamilySmart offers 5 dates this month to join other parents to watch and discuss **our topic of Emotion Regulation**

Details: Join us in watching a video conversation with **Nicole Allen, Clinical Counsellor at Fraser Health's START Program. Nicole offers support to parents and caregivers with information and strategies to cope with emotion dysregulation** and the challenges which many young people begin to experience as they enter and move through the adolescent years. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

This video presentation will be followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker

To Register: <https://familysmart.ca/monthly-events/>

Watch Now: <https://youtu.be/BP4I9Zedrgs?si=uTfolOKTaFBSvmwX>

Also check out this Excellent Video *****Self Regulation Strategies With Occupational Therapist Katie Zelinski** (42 min.) : <https://youtu.be/sr5cjobqCUE?si=aQFDPjBvK3cvq-SS>

In this webinar, Katie will provide a background on self-regulation and discuss her favorite tips and tools for keeping the sensory system in a "just right" state.

Coaching Teens to Recognize and Manage Emotions (3mins): <https://www.cdc.gov/parents/essentials/teens/coaching-emotions.html>

<https://youtu.be/MbmLNR89L-A?si=ml4G1f4Vh35dk5C1>

Spotlight on Learning

Grade 7 "Red Pod" had a huge Board Game Café in the gym Wednesday morning. They had a ball!



Colquitz Spirit Wear is here!!!

Orders can be placed for both regular **CMS Spirit Wear** and our special **Grade 8 hoodie** on

School Cash online between November 17 and November 30. DEADLINE AT 3pm ON NOVEMBER 30th. No exceptions. *Please see attached for more clothing options and details.*

