

next week at colquitz

friday, november 24, 2023

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It has been another fun and busy week at Colquitz, full of beautiful sunrises such as these.



Today was NEON Day, and the Blue Team held their annual "Chicken Cup" this week and Division 21 won! Woot, woot! I also had the pleasure of visiting several classrooms to relieve staff to get their Flu Shots (we set up a clinic for staff here at school). I enjoyed spending time with a variety of students, as well as seeing how each teacher takes the time to make their classrooms warm, welcoming, and organized! See our "Spotlight on Learning" for photos.



Remember that this Wednesday is CC Day, so please ensure your child returns their form. And it is of course the week of the Fall Play! I am so excited to see my first of many of Colquitz' productions. I hope you can make it!

Have a wonderful long weekend with your friends and families.

- Carrie Schlappner—Principal



next week at a glance

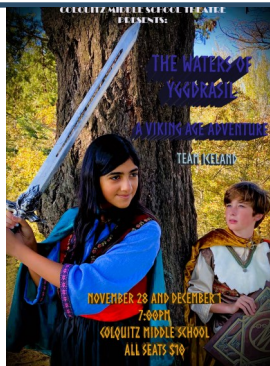
Monday, Nov 27	Fall Play @ 7pm
Tuesday, Nov 28	Fall Play @ 7pm
Wednesday, Nov 29	CC Day—early dismissal @ 11:45 for excused students
Thursday, Nov 30	Fall Play @ 7pm
Friday, Dec 1	Fall Play @ 7pm

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upcoming important dates—*mark your calendars!*

Sunday, Dec 3	International Day for Persons with Disabilities
Thursday, Dec 7	Hanukkah Begins
Sunday, Dec 10	Human Rights Day
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
Tuesday, Dec 19	Holiday Sweater Contest
Friday, Dec 22	LAST DAY OF SCHOOL BEFORE WINTER BREAK—Learning Updates go home (digitally)
Monday, Jan 8th	School re-opens. Happy New Year! :)



Colquitz Middle School Theatre proudly presents our Fall Play,

"The Waters of Yggdrasil: A Viking Age Adventure"

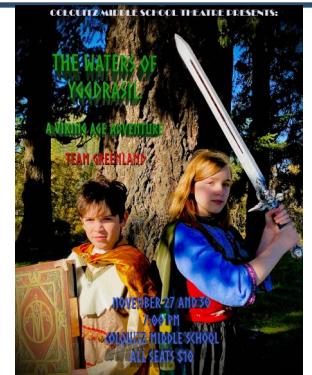
Erik the Red and his children are struggling to maintain order in the new Viking settlement in Greenland, when an unexpected event shakes them to their very core. The children and their friends set off on an adventure battling elves, giants, dwarves, and other

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>

Team Iceland (Nov. 28 and Dec. 1 at 7:00pm) <https://www.showtix4u.com/event-details/78382>



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,



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



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. We are VERY CLOSE to this.** 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.

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.schoolcashionline.com/>

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

Monday:

Girls 7/8 Comp Playoff Game at Central 3:45
Boys Rec 7/8 game at Centre Mtn.Lellum 4:15 start

Tuesday

Girls 7/8 Comp practice lunch?
Meeting for all students interested in volleyball lunch.

Wednesday

Girls 7/8 Comp possible playoff game

Friday

Swimming 3:00?

****Stay tuned for volleyball news. Meetings/practices may be added this week**



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Help a Young Person Find **Light** in the Dark of Grief
this Holiday Season



Imagine this being the first Holiday without your mother, father, sibling or a friend.
Help us help teens and young adults find **light** in the **dark** of grief.
Your gift has the potential to change a young person's life today, tomorrow and into adulthood.

Thank you. Wishing You and Yours a Peaceful and Safe Holiday Season!
Please Click Here to Donate

Backpack Buddies

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



Register & Share: Upcoming Learning Through Loss Holiday Grief Events
Supporting Youth Through Loss & Grief During the Holidays



The Holiday Season is a particularly difficult time for young people who are experiencing loss and grief. Everyone around seems full of joy while their hearts feel empty and broken. As parents and loved ones, all we want to do, is somehow make it better.

Join us online 7:00 - 8:30 PM, Sunday, December 10, 2023
for this by donation workshop for parents and caring adults
who want to know how they can support a grieving youth.

During this uplifting and interactive workshop you'll discover...

- The unique ways that teens and young adults are impacted by grief
- The myths of grief that can make healing more difficult
- What you can do and say that helps and what may inadvertently cause harm
- Coping strategies for you and your family that can bring you closer and make the
- Holidays less difficult, while finding ways to honour your loss in uplifting and healthy ways.

[Click here to register for this by donation event](#)

IN PARTNERSHIP WITH SAANICH POLICE, BURNSIDE GORGE
COMMUNITY AND COLQUITZ MIDDLE SCHOOL.
WE ARE EXCITED FOR OUR...

10th annual
Cram the Cruiser
Thursday, December 14

We accept donations of non-perishable foods
and new, unwrapped toys.
On December 14 we will CRAM THE CRUISER at
Colquitz Middle School

Santa's closet

Each holiday season at Colquitz the Elves organize *Santa's Closet* in which students in need "shop" for gifts to give their families and other important people in their lives such as siblings, parents, and grandparents.



In order to help this happen, please donate new or gently used items that can stock this *Closet* in which students *shop*. Gift wrap is also greatly appreciated.

Please bring your items to the main office before or BY FRIDAY, DECEMBER 8th, as students will "shop" and wrap their gifts in the week of December 11th.

Thank you all in advance for your kindness and generosity during the holiday season and always.

Gingerbread & Light A Learning Through Loss Light in the Dark Youth Social (For Youth Ages: 14-18)



Teens 14-18 years of age are invited to join us for a festive and heartwarming gathering. This in-person event is the perfect opportunity for youth to come together and support each other during the holiday season.

Wednesday, December 13th from 6:00-8:00 PM
Oaklands Community Centre, 2827 Belmont Avenue. Victoria
This event is offered to youth at no-charge

At *Gingerbread & Light*, we're creating a safe and inclusive space for young people to connect, and learn from one another. We will explore how loss affects us during the holidays, coping strategies, and how to be a good friend to someone experiencing grief.

You'll also get a chance to help shape our programs for 2024.

Tell us what you think and how you'd like to be involved in supporting your friends and a more caring school community.

Expect a fun-filled evening with pizza, gingerbread baking and uplifting conversations. It's a chance to meet new friends who understand what you're going through and find comfort in a supportive community.

Don't miss out on this Holiday special event with a focus on healing.
We can't wait to see you there!

[Click here to register for this free Light in the Dark Youth Community Event](#)

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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

As I mentioned in my Weekly Reflections, I am so impressed by staff who go out of their way to help keep their classrooms warm, welcoming and organized. Here are just a few examples:



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.*

