friday, november 3, 2023

### THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was a Happy Hallowe'en at Colquitz! I enjoyed getting to see the traditions here, including the Pumpkin Decorating Contest and the Costume Parade. I was impressed with the artistry of the pumpkins, and with how many staff and students dressed up. A large number of staff went as a Barbie or Ken from Barbie World, and most of our EAs went as MnMs. Enjoy the photos!

Please note that Photo Retakes are on Thursday of next week. It is also Indigenous Veterans Day on Wednesday, and we will hold our Remembrance Day ceremony on Friday. Families

are welcome to join us.

Have a wonderful weekend with your friends and families.

- Carrie Schlappner Principal











### next week at a glance

Monday, Nov 6

Tuesday, Nov 7

Wednesday, Nov 8 Indigenous Veterans Day

Thursday, Nov 9 PHOTO RETAKES

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

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#### upcoming important dates—mark your calendars!

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

Sunday, Dec 3 International Day for Persons with Disabilities

Thursday, Dec 7 Hanukkah Begins
Sunday, Dec 10 Human Rights Day

Wednesday, Dec 13 Winter Concert—1:15 performance (for students) and 7pm (for families)



## 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 1<sup>st</sup> 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.

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 <a href="mailto:cschlappner@sd61.bc.ca">cschlappner@sd61.bc.ca</a>

#### Please email colquitz@sd61.bc.ca

AND your child's teacher if your child will be late or ab-





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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# 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



Mia Golden, Counsellor & Cst Gord Magee MYST (Mobile Youth Support Team)



Cst. Mark Jenkins Victoria Police





Seating is limited. Please book your spot on <u>EventBrite</u>

#### FINE ARTS UPDATE



The Greater Victoria Youth Orchestra will be doing a performance for

the school on **Wednesday**, **November 8**<sup>th</sup> **in the afternoon**. It will be followed by a workshop with Grade 8 Band.

Now that Mrs. Montgomery has access to class emails, please read the November update she sent out on Tuesday night. The one thing that was missed was the actual Purdy's order form, which is attached to the NWAC email. Please check the websites of the Fine Arts teachers for updates.

And....

Practice, practice, practice!!! :)

### **SPORTS @ COLQUITZ**

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

https://docs.google.com/document/d/1elKFA2Qks8urN1VoNR0wRp-1DIC\_erbfwf1f-a\_Golk/edit?usp=sharing

#### BASKETBALL Monday:

Girls 6 Comp practice 7:30
Boys 6/7 intramurals lunch
Girls/boys comp games after school at Colquitz
Boys 7/8 Rec game at Shoreline

#### Tuesday:

Girls 7/8 practice at lunch Girls 6 Comp game after school at Colquitz

#### Wednesday:

7/8 boy's rec practice at lunch
7/8 Girls/Boys comp double header at Colquitz

#### Thursday:

Boys rec 7/8 practice 7:45 am Boys 6/7 intramurals at lunch Boys 7/8 Comp practice after school

#### Friday:

Girls 6 Comp practice at 7:30 am Girls 7/8 Comp practice at lunch Boys 7/8 Comp practice after school Swim practice? (Confirming with pool)



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### Pizza Hot Lunch Thursdays – Order yours now!



This is a reminder that we have opened sales

for **Pizza Lunches on Thursdays**, for the month of November.

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,

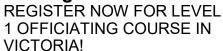
Please note that you **need to order WEEK TO WEEK**, thus giving you the option to skip weeks if you so choose. You must get your orders in each week BY MONDAY AT NOON. There can be no exceptions.

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/

### Community Rugby offering:





November 11 Course aimed at youth participants and Age-Grade Coaches <a href="https://bcrugby.com/register-now-for-level-1-">https://bcrugby.com/register-now-for-level-1-</a>

https://bcrugby.com/register-now-for-level-1-officiating-course-at-james-bay/



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'intheknow'

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



Tuesady, November 14, 2023, 6:30pm (PST)

Registration required: www.familysmart.ca/events





### 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
- · 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.









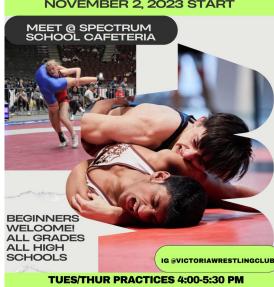


Registration Link: Activity detail | RecOnline

(activecommunities.com)

Friday November 17th 6:30 - 8:30pm

**NOVEMBER 2, 2023 START** 



VICTORIAWRESTLINGCLUB@GMAIL.COM

