

# next week at colquitz

friday, december 1, 2023

## THIS WEEK'S REFLECTIONS

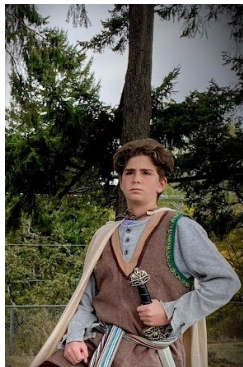
Hello Colquitz Families,

It was another wonderful week at Colquitz, in large part because of the exceptional performances of our fall play, "The Waters of Yggdrasil: A Viking Age Adventure", written by our very own Caroline Mackenzie and her husband, Osiris Dekorte . It is a hilarious and clever tale of Erik the Red, Loki, and more. I hope everyone who has a child in the play has had a chance to see it. I have already had the pleasure of watching it twice this week with both cast (to help take photos), and will be attending again to-night!

I figure everyone would rather see photos than listen to me ramble on, so enjoy!

Have a wonderful long weekend with your friends and families.

- Carrie Schlappner—Principal



## next week at a glance

Monday, Dec 4

**CPAPA Meeting**—6:30pm in Art Room (enter through exterior door to Art Room)

Tuesday, Dec 5

*Hanukkah Begins*

Wednesday, Dec 6

Thursday, Dec 7

Friday, Dec 8

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

<b>Sunday, Dec 10</b>	Human Rights Day
<b>Tuesday, Dec 12</b>	Winter Concert 7pm— Grades 6,7,8 Band and Jazz Band
<b>Wednesday, Dec 13</b>	Winter Concert—1:15 performance (for students) Winter Concert—7pm -Jr. Band, Sr. Band, Provectus Choir & Beg/Int Strings
<b>Thursday, Dec 14</b>	Cram the Cruiser (thanks for your donations!)
<b>Tuesday, Dec 19</b>	Holiday Sweater Contest Staff vs Students (Grade 8s) basketball game
<b>Friday, Dec 22</b>	LAST DAY OF SCHOOL BEFORE WINTER BREAK PJ Day, Hot Chocolate (Bring our own mug) and Assembly Learning Updates go home (digitally)
<b>Monday, Jan 8th</b>	School re-opens. Happy New Year! :)

## Santa's closet - **PLEASE DONATE**

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.**

**(Also see Cram the Cruiser details to donate—look to the right!)**

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



## Prepare for the Weather



**It's December!** The rain and cold are here. Some mornings, even frost, and snow could be right around the corner.

**PLEASE ensure your child brings a winter 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](mailto:cschlappner@sd61.bc.ca)*

**Please email [colquitz@sd61.bc.ca](mailto: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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## Band Update

### CONCERTS

**Band 6,7,8 and Jazz Band will be performing Tuesday, Dec 12th at 7:00 pm (6:30 call time).** I have asked that students be able to stay after school on Tuesday to help set up the gym for 30-45 minutes. Students are expected to stay until the end and help out.



**Strings and Choir are all performing on Wednesday December 13th at 7 p.m. (6:15 call time)** and are expected to stay until the end to clean up the gym. Wednesday afternoon (Dec 13th) will be a highlights concert for the school featuring some of our more senior groups. Music T-shirts will be handed out before these concerts as soon as we get them.

Each concert has a bake sale, so set aside a few of whatever it is you are baking for the concert. This is a large fundraiser for the program and are always used to help out with something in our fine arts department.

The next CPAPA (Colquitz Performing Arts Parent Association) meeting is Dec 4th at 6:30 in the art room. Please come and see how you can participate. We have a lovely group of parents who are doing all of the work for your child, so step up and participate.

### TOUR

We reached our 80+ number and the first email went out on Nov 30th in the morning. The emails are also on my website. (<https://montgomerymusic.weebly.com/>) Please make your first payment of \$200 as soon as possible (before Dec 5th please) as we have to pay our non-refundable deposit before Christmas. Fundraising will be removed from the 2nd and 3rd payments in January and February. Details will be given out as soon as I get them from Educational World Tours. I have done many tours with them and they provide info in dribs and drabs, but you will get all of it. If you have questions, please email me (Mrs. Montgomery, not Ms. Mackenzie)

## 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. **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](mailto: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

**Firstly, thank you to our cross-country, ultimate, rugby, and basketball coaches this term: Ashleigh Albach, Patrick Cannon, Jason Cormier, Christine Crljenkovic, Mitch Dwyer, Marko Guizzo, Leean Harvie, Manny Ila, Brianne Irving, Don Leblond, Megan Steffens, Riley Verzyl, Levi Wilson and student scorekeepers for all of their extra time and commitment.**

**Tuesday-** 7/8 boys comp volleyball practice after school

**Wednesday-** 7/8 girls practice 7:00-8:00 am

**Friday-6/7** girls triple ball and 7/8 girls practice 7:00-8:00 am  
7/8 boys comp practice after school



**\*\*Students should stay tuned for announcements next week.** As we sort out coaches, practices may be called. There have been some questions regarding the earliness of the morning practices. Our community coaches for those teams have work /school commitments. It will be worth it though!

**\*\*** For seasons of play and game days you can check: <https://lowerislandschoolsports.ca/middle-schools/>

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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.

### ADHD - The Real Deal

Join us as we listen to Dr. Don Duncan dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families to watch this one hour video presentation followed by a 30 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Tuesday, December 5, 2023, 6:30pm (PST)  
Wednesday, December 6, 2023, 6:00pm (PST)  
Thursday, December 7, 2023, 12:00pm (PST)  
Tuesday, December 12, 2023, 6:30pm (PST)  
Thursday, December 14, 2023, 6:00pm (PST)



Registration required:  
[www.familysmart.ca/events](http://www.familysmart.ca/events)



**Yearbooks  
are on  
sale now!**



Yearbooks cost **\$23**.

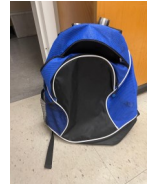
To order your child a yearbook, please go to **ybpay.ca** and use the order ID **13717624**.

### Yearbooks include:

- 60+ colour pages of individual photos and fun memories from throughout the year.
- Sturdy soft cover
- Zoom insert that features current events and world news from the past year.

## Backpack Buddies

Just a reminder to all our backpack buddies- *please remember to bring in your empty backpacks or re-useable bags back to the*



## 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](#)

## 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**<sup>®</sup>

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

Ms. Elford's Community Action Class had the pleasure of learning how to paint Moccasin Rocks with Metis artist (and grandmother to one of our students!), Kristi Birdgeman. Many thanks, Kristi! :)



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

**15 more days to Winter break!**  
**Woot, woot!**

