

# next week at colquitz

friday, february 9, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

I hope this finds you well. I am unfortunately home recovering from a detached retina. I am not allowed to work or drive for about 2 weeks after the laser surgery. I hope to be back sometime in the week of February 20th, but it will depend on how my recovery goes. In the meantime, please email Ms Elford at [selford@sd61.bc.ca](mailto:selford@sd61.bc.ca) with any questions or concerns, and feel free to cc me. I will be monitoring my emails but not able to engage to the same level or frequency while away.

This week many classes continued to engage in Black History Month lessons and activities. We are planning an assembly for Wednesday, February 21st—something I was helping to guide — so if you have any ideas you'd like to contribute, please contact Ms. Elford now.

Many thanks to our Volleyball coaches and our Athletic Director, Ms. Crljenkovic, for all of their continuing hard work in organizing practices and games and for helping our students develop lifelong athletic, team, and resiliency skills. Please see the schedule on page 2 for times, including some changes due to the ProD Day on the 16th.

At this point in the year, we sometimes see a spike in absences and lates. While there are always a number of understandable reasons students are away, we thought it may be helpful to highlight why arriving on time and attending as consistently as possible are so important to student social, emotional, and intellectual development. The graphic here illustrates how much time is missed with lates and absences. This can create what we call "holes" in student learning or development. What complicates this is the discomfort that can arise when returning. Friends have new inside jokes. Projects have started that we are unfamiliar with. This can cause feelings of anxiety and the belief that staying away will help those feelings. In fact, research shows that staying away worsens anxiety, and while it may be challenging at first, persevering through feelings of discomfort is the best way to gain confidence in oneself and one's abilities. There is no replacement for the connection and belonging of in-person learning, which has the largest positive impact on student success.

If your child need support with their attendance, or if there are particular issues that cause your child to struggle to attend, please never hesitate to reach out to your child's teacher, our learning support teachers, counselors, and Ms Elford and me. We are happy to help develop plans to help get things back on track.

Have a wonderful weekend with your family.

- Carrie Schlappner—Principal

### Attendance Matters

1 or 2 days a week doesn't seem like much but...  
If your child misses...



**1 day every 2 weeks**  
Over 13 years of schooling that's...  
**Nearly 1 1/2 years of school missed**  
(4 weeks / 1 month per year)

**1 day per week**  
Over 13 years of schooling that's...  
**Over 2 1/2 years of school missed**  
(8 weeks / 2 months per year)

**2 days per week**  
Over 13 years of schooling that's...  
**Over 5 years of school missed**  
(16 weeks / 4 months per year)

**3 days per week**  
Over 13 years of schooling that's...  
**Nearly 8 years of school missed**  
(24 weeks / 6 months per year)

How about 10 minutes late a day? Surely that won't affect my child?  
They are only missing just...

**10 mins per day**  
... which is...  
**Nearly 1 1/2 weeks per year**  
Over 13 years of schooling that's...  
**Nearly 1/2 year**

**20 mins per day**  
... which is...  
**Over 2 1/2 weeks per year**  
Over 13 years of schooling that's...  
**Nearly 1 year**

**30 mins per day**  
... which is...  
**4 weeks per year**  
Over 13 years of schooling that's...  
**Nearly 1 1/2 years**

**1 hour per day**  
... which is...  
**8 weeks per year**  
Over 13 years of schooling that's...  
**Over 2 1/2 years**

## next week at a glance

Monday, Feb 12	<b>K-12 Transfer Week—see page 6 for details</b> Lahal at lunch
Tuesday, Feb 13	
Wednesday, Feb 14	<i>Palentine's Day</i> Black History Month Assembly Planning at lunch
Thursday, Feb 15	Indigenous Drumming in Foyer at 8:20am Pizza Day
Friday, Feb 16	ProD Day—no school for students (enjoy your long weekend with Family Day!)

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

<b>Monday, Feb 19</b>	<b>Family Day—NO SCHOOL (enjoy!)</b>
<b>Tuesday, Feb 20</b>	PAC Meeting @ 6:30pm in library
Wednesday, Feb 21	Black History Month Assembly at 12:45pm
<b>Friday, Feb 23</b>	CC Day #2—Early Dismissal at 11:45am
<b>Wednesday, Feb 28</b>	<i>Pink Shirt Day</i>
<b>Thursday, Feb 29</b>	Leap Year!
<b>Friday, March 1</b>	Indigenous Student Lunch
<b>Wednesday, March 6</b>	Spring Concert at 7pm
<b>Thursday, March 7</b>	Battle of the Books (select students)
<b>Friday, March 8</b>	International Women's Day
<b>Tuesday, March 12</b>	Tacky Tourist Day
<b>Friday, March 15</b>	<b>LAST DAY BEFORE SPRING BREAK; Learning Updates home digitally</b>



### Indoor Gym Shoes, Please!

These days, we are a lot less strict about gym strip in Phys Ed class. However, we would very much appreciate if all students could **keep a pair of running/gym shoes in**

their locker to wear for indoor PE. Having appropriate shoes for PE is important for two main reasons:

**Safety** – When students are not in runners, they can more easily twist ankles or knees, especially when doing activities that require

speed and agility.

**Damage to Gym floor** – Students' shoes get rocks in them that scratch the gym floor, mud causes floors to be slippery and can lead to falls, and some boots can leave black marks as well. This increases the frequency with which we need to repair the floor, which costs money. We would much rather have funds go to things that more directly benefit students!

If your family needs assistance with purchasing gym shoes, please let us know, and we will see what we can do to help.

*Thanks in advance for your help with this.*

Reporting

Absences



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*

## SPORTS @ COLQUITZ— Volleyball This Week: NOTE CHANGES Due to ProD Day Feb 16th Grade 6—Practice moved from Friday to Thursday morning Boys 7/8 Comp Friday practice CANCELLED

Link to schedule:  
[Volleyball practice and game schedule](#)

February 12- 15th

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	-½ recTB girls (B) 7-8:00	-½ comp girls -Gr 7/8 TB rec (A)(Irving + Olive) 7-8:00 am	-7 tb comp girls 7:30-8:30	-½ comp girls -6 triple ball 7-8:00am	PRO-d
Lunch	girls 6 triple ball (starting 15th)	Boys 6/7	Boys 6/7		
After school			Boys 7 / 8 Comp 3 - 5		
Game days	Boys ½ Comp @Spencer	Girls 6/7 Rec @Colquitz Girls 6/7 TB comp @ Bayside 1,	Girls ½ Comp @SMUS Girls ½ Rec A @ N. Saanich Girls ½ Rec B @ Centre Mtn. Lellum	Boys 6/7 Rec @Colquitz	

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## FINE ARTS UPDATES

### Band

#### Hockey Game Performance

February 15th 6:15 pm – Grade 8 band plus a few grade 7 students

...will be playing O Canada at a Victoria Cougars Hockey game. Students and parents can stay and watch the game. Students should arrive between 6:15 and 6:30, and they must bring their own music, instrument (including percussionists!) and music stand. Mrs. M will bring the bass drum, mallet and bass amp.

#### February is practice challenge month!

Ask your child to see the purple piece of paper. A free lunch is on the line for a student in each grade.

#### Field trip to Spectrum Community School for Band 8, Thursday, February 22nd

Students will walk to Spectrum and spend the morning with their junior concert band, playing their pieces and ours. Thank you to our walking volunteers.

## TOUR UPDATE

Make sure you make your third tour payment of \$165 for most of you. Thanks for getting things paid quickly.

## MUSICAL REHEARSAL SCHEDULE

FEBRUARY						
sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 Lunch: Crew After school: Belle and Beast	2	
4 Sunday rehearsal 1-4 VILLAGE ONLY "GASTON"	5 Lunch: Narrators "prologue" After school: Main Castle	6 Lunch: Dance "prologue" After school: Belle, Gaston & LeFou, File de Ville	7 Enrichment 1 "Castle" After school: characters "SOMETHING THERE"	8 Lunch: Crew After school: Gaston & LeFou, M. D'Arque	9	10
11 Sunday afternoon rehearsal 1-4 CASTLE ONLY "BE OUR GUEST"	12 Lunch: Narrators "Wolf Attacks" After school: Main Castle add Maurice	13 Lunch: Dance "prologue" After school: Belle and Main Castle (no Beast)	14 Enrichment 2 (until 4pm) Full cast: "GASTON" & "HUMAN AGAIN"	15 Lunch: Crew After school: Belle and Beast	16 REHEARSAL	17
18	19 B&C FAMILIES ONLY	20 Lunch: Dance "prologue" After school: Belle, Gaston & LeFou	21 Enrichment 3 (until 4pm) Full cast: "BELLE" & "HUMAN AGAIN"	22 Lunch: Crew After school: Gaston & LeFou, M. D'Arque	23 CCD - early dismissal	
25 Sunday afternoon rehearsal 1-4 VILLAGE ONLY "BELLE"	26 Lunch: Narrators Wolf attacks Add actors After school: Main Castle add Belle and Maurice	27 Lunch: Dance "prologue" After school: Belle, Gaston & LeFou, File de Ville	28 Enrichment 4 (until 4pm) Full cast: "BELLE" & "HUMAN AGAIN"	29 Lunch: Crew After school: Belle and Beast		

## Spotlight on Learning

For Black History Month, Ms. James' Division 22 and Ms. Spies' Division 23 are engaging in a BHM Film Fest. Caregivers are invited to take part as well. They watch films together, then reflect on and discuss the main messages, themes, and facts about Black History that the films highlight.



## 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.

### February sales are open.

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/>

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**Hockey,  
Hockey,  
Hockey!**

Colquitz families are invited

to watch the **Victoria Cougars** play the Oceanside Generals **on February 15 at 7:00pm at the Archie Browning Sports Centre.**

**This event is free for all Colquitz families!**



**Please note that students must be**

**accompanied by an adult for safety reasons.**

If you have any questions, please email Ms. Goldman at [mgoldman@sd61.bc.ca](mailto:mgoldman@sd61.bc.ca).

**Thank you, Ms Goldman, for organizing!**

**erase** | EXPECT RESPECT & A SAFE EDUCATION

## Establishing Safe, Caring, & Respectful Digital Communities

**Social Media Awareness Family Sessions:** Saferschoolstogether in partnership with the Ministry of Education and Childcare, have opened up four dates for “Social Media Awareness” Family Sessions. These sessions were designed to support families and caregivers in navigating the digital world.

**Sessions are on February 7 and 28**

Dates, times and information to register can be found in this link: [erase Family Sessions \(saferschoolstogether.com\)](https://saferschoolstogether.com)



## Parent Education Opportunities

### (1) FamilySmart Parent Education Opportunities

Topics range from Eating Disorders, Anxiety, “Beyond Behaviours”, and Depression

Dates and Times available: <https://familysmart.ca/monthly-events/>

### (2) The Boys and Girls Club (BGC) Winter Parenting Programs Online

Parents Together, Tuesdays, 12-1:30 pm or 6:30-8pm for parents of 13 - 19 yrs

Parenting Without Power Struggles, Thursdays, 6:30-8pm, Feb.15th Start 9 - 12 yrs

Topics include: Relationship-based practices, Communication skills, Boundaries, and turning over responsibility as appropriate, and Self-care – taking back your life. All programs are via zoom. Registration: <https://bgcswi.org/programs/parenting/>

## Youth

Click any 6 digit code to register | GENERAL REGISTRATION **DEC 6**



SAANICH POLICE DEPARTMENT

Please join us for the following seminar series presented by the Saanich Police Community Engagement Division.

FREE

### GANG EDUCATION & TRENDS

Join us for a FREE Gang Education & Trends Seminar. This is an opportunity for adults and youth to better understand the trends police are seeing in our community. Are you stuck for answers when your teen asks you the hard questions about their peer group? Are you looking for some insight about what's going on in the world of youth? Are you seeking resources and information for how to talk to your teen about gang awareness?

Saanich Youth Services in partnership with the Saanich Police Department is hosting a learning opportunity for parents, caregivers, and youth workers.

In this workshop, participants will have the chance to ask questions and gather all of the up-to-date information from police officers and youth workers in our community.

SAANICH COMMONWEALTH PLACE	110448	Tu	Feb 6	6:30-8pm	FREE
G. R. PEARKES RECREATION CENTRE	110449	Tu	Apr 9	6:30-8pm	FREE

### GRADE 12 GRADUATION SAFETY

In partnership with Saanich Police, learn about how to ensure you stay safe during graduation celebrations. This seminar will give grade 12 students the tools to make informed smart choices while celebrating their graduation. Parents and caregivers are welcome to attend with their youth.

G. R. PEARKES RECREATION CENTRE	110446	Tu	May 14	6:30-8pm	FREE
SAANICH COMMONWEALTH PLACE	110447	Tu	May 21	6:30-8pm	FREE

### TEEN NEW DRIVER EDUCATION

In partnership with Saanich Police, calling all grade 10-12 new drivers. Focus on the graduate program, and best and safest practices around driving. Learn about the effects of drugs, alcohol, and distracted driving as well as how to remain safe while out with friends.

GORDON HEAD RECREATION CENTRE	110432	Tu	Jan 23	6:30-8pm	FREE
G. R. PEARKES RECREATION CENTRE	110433	Tu	Feb 20	6:30-8pm	FREE

### YOUTH & YOUNG ADULT ONLINE DATING SAFETY

In partnership with Saanich Police, learn about how to safely engage in online dating. What is a fake account? What information to give out, what to keep to yourself? What is consent? This seminar will give youth the tools to make informed smart choices while engaging online with peers. Parents and caregivers are welcome to attend with their youth.

GORDON HEAD RECREATION CENTRE	110444	Tu	Feb 13	6:30-8pm	FREE
GORDON HEAD RECREATION CENTRE	110445	Tu	May 7	6:30-8pm	FREE

### YOUTH PARTY SAFE

In partnership with Saanich Police, learn about the effects of drugs, alcohol, consent and how safe while out with friends. This seminar will give youth the tools to make informed smart choices while hanging out with their peers. Parents and caregivers are welcome to attend with their youth.

SAANICH COMMONWEALTH PLACE	110434	Tu	Jan 16	6:30-8pm	FREE
SAANICH COMMONWEALTH PLACE	110435	Tu	Apr 16	6:30-8pm	FREE

### YOUTH RELATIONSHIP SAFETY

In partnership with Saanich Police, this program focuses on safe dating, cyber security, and healthy relationships for youth. Parents and caregivers are welcome to attend this event with their youth.

G. R. PEARKES RECREATION CENTRE	110450	Tu	Jan 30	6:30-8pm	FREE
GORDON HEAD RECREATION CENTRE	110451	Tu	Apr 23	6:30-8pm	FREE

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Tuesdays  
Jan 16 –  
Feb 27

Burnside Gorge

## Board Game Drop-in

Free  
Entry

Ages 12–17



Join us at the BGCA Youth Centre for an evening of board game fun. We have a great collection of games that range from old classics to games you've never heard off

Contact Ryder at [ryder@burnsidegorge.ca](mailto:ryder@burnsidegorge.ca) for more details

Burnside Gorge Community Centre  
471 Cecelia Rd.5

## Yearbooks are on sale now!



Yearbooks cost \$23.

To order your child a yearbook, please go to [ybpay.ca](http://ybpay.ca) and use the order ID **13717624**. **THESE CANNOT BE ORDERED THROUGH THE SCHOOL.**

### 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.



## Lunchtime Kernels Popcorn Sales Are Back!

Tuesdays at lunch (while supplies last)  
\$3/bag

Flavours: Caramel, Dill, Buttersalt, and Cheese  
Eat delicious popcorn and support the Colquitz Performing Arts



## Accepting Applications for 2024-2025

- CHARACTER
- ACCOUNTABILITY
- CITIZENSHIP
- TIME MANAGEMENT
- HEALTHY ATHLETIC LIFESTYLE

REGISTRATION PACKAGE

[www.SpectrumHockey.ca](http://www.SpectrumHockey.ca)

SPOTS ARE FILLING UP FAST!



February 16  
deadline

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## Student Transfer Process – February 12-16<sup>th</sup>, 2024

*We've received some phone calls and emails about the transfer process, especially around grade 8s who may want to go to a high school other than their catchment school. Here is the information you need to know, including that the transfer process does not occur until February. Also know that if your child applies for and is ACCEPTED INTO and a Program of Choice (see flyer to the right), you do NOT need to apply for a transfer.*



The annual K-12 Student Transfer Process facilitates requests from students in Kindergarten to Grade 12 to transfer to schools outside of a designated catchment. **To apply for a transfer request you must complete a transfer form during the K-12 Student Transfer Process week of February 12-16, 2024.**

Transfer forms are available here for families to print at home: for 2024-2025 school year [K-12 Student Transfer Application](#)

Transfer forms for 2023-2024 school year (current school year) [K-12 Student Transfer Application](#)

Forms will also be available for students to pick up at their current school office. Students will return transfer request forms to the office during the period of Feb 12-16<sup>th</sup> (we are not asking parents to enter schools for this).

Students who are not in the catchment and looking to follow the school pathway at the time of transition from elementary to middle and middle to secondary (Grades 5 and 8), will now have to apply for a transfer request. **Non-catchment students no longer automatically follow their current school pathway.**

**If you are unsure of your catchment, please use the SD61 School Locator Tool to find out:**  
<https://www.sd61.bc.ca/schools/school-locator/>

For more information on in-catchment school pathways and transitions, please visit [K-12 Student Transfer Application](#)

In the event, a school receives more transfer requests by grade than the number of seats it can accommodate, the **waitlist order of transfer requests will be determined by lottery** in accordance with our student enrolment priorities. Therefore, there is **no advantage of submitting your transfer request first**. Please submit your request at your convenience during the communicated dates.

Please go to <https://www.sd61.bc.ca/registration/student-transfer-process/> if you have further questions.

## Youth Substance Use Parent and Guardian Education Sessions

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

### Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.

Acquire practical conversation tools for discussing substances in the home.

**Participants must register in advance due to limited capacity. Session dates are:**

February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)

February 22, 6:00 – 7:30 pm PST - [Click here to Register](#)

February 28, 6:00 – 7:30 pm PST - [Click here to Register](#)

Please email [educ.mentalhealth@gov.bc.ca](mailto:educ.mentalhealth@gov.bc.ca) with any questions.

**Teen Brains**  
What You Need to Know

- one** **Still Developing**  
The pre-frontal cortex is the last part of the brain to mature, at about age 25. It is responsible for decision-making, higher reasoning, judgment, and self-control.
- two** **Primed for New**  
Teens' brains are primed to seek and take in new experiences. This helps them leave home as young adults, but it can make them vulnerable to risky behaviors.
- three** **Additional Risk**  
Teens who begin using addictive substances before the age of 18 are 6.5x more likely to develop a substance use disorder compared to those who start using after age 21.
- four** **Flexible**  
Teen brains are designed to learn new behaviors. This makes them especially able to respond to treatment, especially for mild and moderate Substance Use Disorders.

ASAP ADOLESCENT SUBSTANCE ABUSE PROGRAMS INC. [asapbc.com](http://asapbc.com) 513.792.1222 • 513.891.4449

The road to recovery

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**PEARKE'S  
AFTER  
SCHOOL  
DROP IN  
FREE!**



January - June  
Monday to Friday - 3:15- 5:15pm

@ The Flipside Youth Centre  
Pearkes Recreation Centre

A FREE supervised social for youth with snacks, pool, foosball, board and video games and more!

Tyler.smith2@saanich.ca    saanich.ca/youth    250 475 5462



**FRIDAY  
NIGHTS  
PIZZA  
SKATING  
& MOVIE**



AGES 11 - 16  
\$7.50

January 19th - April 19th  
Fridays - 5:45 - 8:15pm

@ The Flipside Youth Centre  
G.R. Pearkes Recreation Centre

Come hang out with your friends on a Friday night. Enjoy pizza, skating & a movie in our awesome youth centre.

**REGISTER HERE** 

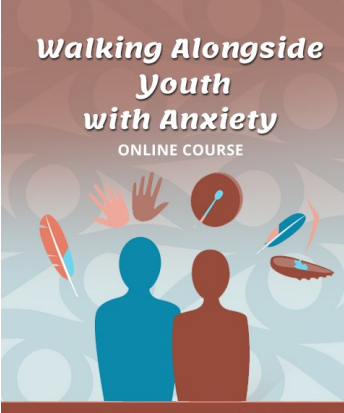
Tyler.smith2@saanich.ca    saanich.ca/youth    250 475 5462

## Evidence-Informed Mental Health Resources



HealthyMindsBC

HealthyMindsBC provides evidence-informed prevention and early intervention tools and resources, including online learning opportunities. This site is for parents, caregivers, families, educators, and other professionals to help them support the everyday mental health of children and youth. A series of courses that focus on [Everyday Anxiety Strategies for Educators](#) (EASE K-7 and 8-12) and [Early Years](#) are available. The newest course, [Walking Alongside Youth with Anxiety](#) (WAY), is designed to build capacity and support the foster care providers and out-of-care/kinship care providers who are caring for Indigenous and non-Indigenous youth with mild to moderate anxiety.



**Walking Alongside Youth with Anxiety**  
ONLINE COURSE

Supporting you to walk alongside youth with anxiety

## SUBSTANCE USE PREVENTION

An Online Presentation for Parents

### KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

### Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

### Online Session Information:

February 20<sup>th</sup>, 22<sup>nd</sup> or 28<sup>th</sup>  
6pm-7:30 pm PST

Note: The same presentation will be delivered on each date

**REGISTER**



openp.ca/feb20

### Presenter:

#### Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care.