

next week at colquitz

friday, april 19, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It's been a wonderfully busy week at Colquitz! The sun is shining, and we've had many activities inside and out of the school. Several classes went on field trips, such as many grade 7s to the IMAX, and Grade 8s to Camosun. Ms Mackenzie and I had fun trying on some of the costumes for "Beauty and the Beast."



Here at school, we had Silly Sock Day today, and an Earthquake Drill on Monday. We also welcomed the Spectrum Senior Boys' Basketball Team, who won their provincial championship, for a quick assembly. Many of the players are former Colquitz students and serve as an inspiration for hard work and dedication to a goal.



On Thursday night, several Colquitz parents joined us at Glanford for a presentation by Lisa Baylis on Mindful Self-Compassion to help provide strategies for the families of Middle Schoolers. It was informative and helpful, and provided me with lots of good reminders and strategies for how to take care of ourselves so we can look after others. One of my favourite takeaways was to use mindfulness so that we can "respond wisely rather than blindly" when challenges and big feelings arise with our teens.

Some important reminders of events coming up: Student-Led Conferences are on Wednesday, April 24th from 2:30pm-6:30pm. Students will be dismissed from school at 1:49pm. Next, for the Fine Arts Trip, students need to be here at school by **4:45am on Friday**.



Have a wonderful weekend with your family. - Carrie Schlappner—Principal



MORE SCHOOL SUPPLIES, PLEASE!

We're at that time of year when students are running out of key school supplies—especially paper and pencils. If you could send your child with more soon, that would be appreciated.

Thanks! :)



next week at a glance

Monday, April 22

Tuesday, April 23

Passover begins
Staff vs Students Volleyball Game at lunch

Wednesday, April 24

International Admin Assistant's Day
Student-Led Conferences—Early Dismissal at 1:49pm; starts at 2:30pm-6:30pm

Thursday, April 25

Indigenous Drumming in Foyer at 8:20am—everyone welcome
Pizza Day

Friday, April 26

Music trip to Vancouver! Students need to be at Colquitz by 4:45am!!!

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upcoming important dates—*mark your calendars!*

Monday, April 29	Passover ends
Wednesday, May 1	Grade 6 and Grade 7 catch-up immunizations
Thursday, May 2	Band 6 Festival
Friday, May 3	Indigenous Student Lunch
Thursday, May 16	District Transition Day (5's come to Colquitz, 8's go to their Secondary Schools)
Friday, May 17	Prod Day—no school for students
Monday, May 20	Victoria Day—no school

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**. **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.

Reporting

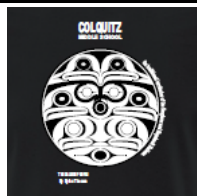
Absences



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



The Salmon People Spirit Wear Fundraiser

We are excited to introduce to the Colquitz community "The Salmon People" by Qwul'thilum (Dylan Thomas). Dylan is a Victoria-born Coast Salish artist from the Lyackson First Nation, who was commissioned by Colquitz

PAC to create an art piece that reflected and celebrated our connection to our lands, and more specifically, the Colquitz River. The result is a spectacular circular cedar carving in the style of a spindle whorl, depicting the important interconnection between salmon and humans. We will be celebrating the official unveiling of The Salmon People on May 24th with a ceremony at the school. Dylan has given permission for us to use the image of The Salmon People on our spirit wear moving forward, and also, to use the proceeds to help raise money for the celebration and our Indigenous students at Colquitz. Thank you for your support. **Go to**

SCHOOL CASH ONLINE to order: <https://sd61.schoolcashionline.com/>

**T-shirts: \$20
Crewneck: \$30
Hoodies: \$40**

**OPEN UNTIL
APRIL 25th**



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Sole Sisters Victoria in partnership with
Saanich Fire Charitable Foundation presents...

15th Annual

KidsRun Victoria

Please
join
us
and
donate!!!



Sunday May 5th
10am-Noon
Tillicum Centre
Lower Parking Lot

Come enjoy a morning full of FUN family activities, emergency vehicles, mascots, on-site barbecue by donation provided by Montana's Cookhouse, silent auction at the event and enjoy our beautiful nature trails. You can walk or run the 1k and or 5k routes.

Thank you for supporting KidsRun Victoria!
Please join our team and make a difference. Your participation will help to support the pediatric oncology ward at the Victoria General Hospital and children and families affected by cancer.

For full registration details check out:
www.SoleSistersVictoria.com

#KidsRunVictoria



In Support of



In Partnership with



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SPORTS @ COLQUITZ—Stay tuned for Spring Sports!

Rugby, Badminton and Track & Field

Here is the schedule for Spring Sports.

Please check in with your students around information from coaches.

https://docs.google.com/document/d/1lxJXHhqJolxjbbEJXRtDbZXAA58Da_USmCpgsV0Ewo/edit?usp=sharing

APRIL 22-26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Gr. 7/8 Brown Vball optional	Badminton 7-8:15			Kiet's Girls 8 v-ball 7-8am Gr 6/7 development volleyball 7-8am
Lunch practice	Discus/shot put Staff volleyball practice?	Rugby Staff vs student volleyball	HJ 6/7 Long/triple Jump	Badminton Rugby Distance run	HJ 8 Long/triple jump
After school practice	Rugby	Track and field open		Track and field open	
Competition		6/7 Rugby @ Arbutus	Badm Exh 3 (2-3pm)	7/ 8 Rugby @ Central	



FINE ARTS FUNDRAISER HELP—TUESDAYS AT LUNCH

CPAPA is looking for parents to help supervise popcorn sales at lunch (11:50am-12:50pm) on Tuesdays. This is a fundraiser that supports band, choir, strings, drama and musical theater. We need one parent per week for 1 hour over the lunch break. Students are responsible for selling the popcorn, we just need a parent to help supervise. Please use the link to sign up for a slot. More details will come out to volunteers this weekend. Thanks for supporting the performing arts!

<https://m.signupgenius.com/#!/showSignUp/10C054FABAF2BA2FC1-49053326-kernels>



Grade 7 Catch-up Immunizations



Public Health will be providing catch-up immunizations to Grade 7 students who missed their Grade 6 immunizations on **Wednesday, May 1, 2024**. Only students who have a paper consent form signed by their parent/guardian/representative from the 2022-2023 school year (Grade 6) will be immunized.

Contact the local Health Unit at 250-519-5100 if you have any questions.

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Saanich
PARKS, RECREATION & COMMUNITY SERVICES

MINDFUL MEDITATION

AGES 13 - 17



Research supports the benefits of incorporating regular meditation in our daily lives. Whether it is for competitive sports, coping with anxiety, or dealing with everyday stressors, being able to calm our nervous system with mindful meditation has proven to have multiple benefits. Come learn the basic tools to meditate while sitting, walking, and laying down.

May 1st - June 5th
Wednesdays 4:30 - 5:30

@ The Youth Centre
Saanich Commonwealth Place

REGISTER HERE

maddie.parks@saanich.ca saanich.ca/youth 250 475 7624

B.O.A.T

BURNSIDE OUTDOOR ADVENTURE TEAM

FREE!

A partnership program through Burnside Gorge Community Association and Colquitz Middle School

Come explore parks, lakes, beaches, and forests around Victoria!

Play games, learn new skills, make new friends, and have some adventures!
Each week the group will go somewhere new, come rain or shine, so get ready to challenge yourself!

Thursdays 2:47 pm - 4:45 pm
Parents/Guardians pick up at 4:45pm at Colquitz Bus Depot



Program runs from April 25th till June 6th

Please pack a water bottle, clothing that can get muddy and wet, and shoes that are built for adventuring.

Burnside Gorge
a unique and innovative community centre

Colquitz Middle School
Home of the Cougars

If you have any questions, please contact:
Ryder McRae
Youth Recreation Programmer
at 250-388-6261 (ext. 245)

Please return application forms to Leanne Selden

Spectrum Football

Fall Camp August 19/2024


Grade 8s & Grade 9s invited to start a Junior Varsity Football

Talk to your School Administrators/Athletic Directors/Victoria Spartans

Interested? Email Jason Leslie
jleslie@sd61.bc.ca

PLAYER INVITE

Are you a current Grade 8 student at Glanford or Colquitz?
Are you a current Grade 9 student at Spectrum?
Want to try something new?
Want to continue playing football?
Experience or no experience necessary!



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PEARKES 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

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Family Smart Parent Events

(1) Connecting With Our Kids When Anxiety Leads to Social Isolation

** This is going to be a **great opportunity** for

families to have their questions answered by the counsellors on hand

Host: Esquimalt Military Family Resource Centre



Details: Parenting when our kid's anxiety leads to social isolation is hard for everyone. A parent and counsellor talk about what anxiety and social isolation are, what it can look like and feel like for our kids and at home, strategies families can try, and how important it is to connect with our children before doing the hard work of trying new things.

Join us as we come together with other families to watch this video followed by a facilitated discussion

Date & Time: April 17th at 6:00 pm

Address: 2610 Rosebank Rd, Colwood, BC V9C 4J7

RSVP: Lisa.Tate@FamilySmart.ca

If you want to watch the video now here is the link: <https://youtu.be/x5rvQPUbnSI?si=r0o-gXdeA9IcLsik>

(2) Understanding, Supporting and Connecting with Teens with Depression

Mood roller coasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? If you as a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone.

Join **Victoria Keddiss, a parent with lived experience** and **Karen Peters, a mental health therapist** who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of journeying with them through it.



Dates: April 11, 23, 25

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

(3) Special 2- Hour Live Online Event - CONNECTING WITH KIDS

We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to **Kim Barthel** talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships.

Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.



National Child & Youth
Mental Health Day



Date & Time: Tuesday May 7th, 6:00 pm - 8:00 pm

Our May 7th event link with Kim Barthel - <https://familysmart.ca/event/connecting-with-kids/>

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LEGO CREATION

**AGES 10 - 15
FREE**

Wednesdays 6 - 7:30pm
April 17th - May 29th

Flipside Youth Centre
G.R. Pearkes Recreation Centre

REGISTER HERE 

Kickstart your Imagination at the Flipside! Our Lego Creation program offers a space to spread out and independently or collaboratively build, while staff provide snacks, music, and a helping hand

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

For over 30 years...

SOCCER DAY CAMPS

...more than just a soccer camp! **2024**



Unlock Amazing Savings if you sign up by June 1, 2024. DON'T MISS OUT!
* for a limited time only

Get ready for an unforgettable summer adventure!

- * July & August weeks
- * all kids aged 5 to 13
- * morning & full day sessions
- * before & after care available

Morning sessions from \$154*
Full day sessions from \$229*
*limited time offer, see website for details

royalsoccerclub.com
800-427-0536

For location & registration details, visit our website.

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TEEN 2 CHEF

**AGES 12 - 17
\$15**

If cost is a barrier to your youth attending this program, please email Tyler.smith2@saanich.ca

Master basic cooking techniques and learn about the connections between food and health in a fun (and tasty) way! Snacks and food provided!

April 4th - May 9th
Thursdays - 4:30 - 6:30pm

@ The Saanich Neighbourhood Place Kitchen
G.R. Pearkes Recreation Centre

REGISTER HERE 

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

Youth and Junior Youth Drop-in

A space to build meaningful friendships and develop your talents and interests!

Monday through Friday
3:00pm - 4:30pm
Tillicum Community Empowerment Centre
#102-306 Burnside Rd W



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Learning Surveys—Please participate!



Ministry of
Education and
Child Care

Dear Parents and Guardians/Caregivers,

The Student Learning Survey (SLS) has been administered every year in B.C. public schools since 2001. Prior to 2016-17 it was known as the Student Satisfaction Survey. The SLS provides feedback on the implementation of the curriculum changes, learning environment, student wellness and satisfaction, student belonging and engagement, and career preparation. The SLS is the only source of province-wide information about students' learning experiences through the perspectives of students, parents, guardians/caregivers, and school staff. Schools and districts use the SLS to make informed decisions around long-term planning and goal-setting, and in providing individual students personalized support. In 2021, the student survey underwent a review to accommodate an updated conceptual framework that align questions with the [core competencies](#) of the curriculum and the [British Columbia's Policy for Student Success](#).

We've worked - in collaboration with the BC Confederation of Parent Advisory Councils (BCCPAC) to update the parent and guardian/caregiver survey in 2018/19 and make it more useful for parent, guardians/ caregivers, teachers, and schools. Your valued participation is an important contribution to improving the educational experiences of children.

The parent and guardian/caregiver survey is now available online at www.bced.gov.bc.ca/sat_survey/access.htm and is available in 18 different languages. The survey will be available until Friday, May 3rd, and will take approximately 30 minutes to complete. Your responses are voluntary and anonymous, and your child will not be identified as a result of your participation in the survey. Any personal or identifying information will be deleted before results are stored. Data will be stored and accessible only within Canada.

The results of the parent and guardian/caregiver SLS survey will be available through the Ministry of Education and Child Care website [_ \(https://www2.gov.bc.ca/gov/content/education-training/ k-12/support/student-learning-survey\)](https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey) in summer 2024.

Please contact the web survey provider (AWIS) if you have technical difficulties; call toll free: 1-866-558- 5339 or email support@awinfosys.com.

We greatly appreciate your input and thank-you in advance for your participation. Sincerely,

A handwritten signature in black ink that reads "Emilie Sia".

Emilie Sia

Senior Economist, Research and Analytics Engagement (RAE) Governance and Analytics Division, Ministry of Education and Child Care Emilie.Sia@gov.bc.ca