

next week at colquitz

friday, april 26, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was another busy week with our Admin assistant, Sam, away for three days, and only back on half days. We did our best to fill her shoes well—but it often took four of us to do so!

Tuesday we held our second Staff Vs Students event—this time an epic volleyball match. The students won handily—see page 3 for some photos.

Wednesday was our Student-Led Conferences. It was wonderful to see so many proud families and their students touring the school and their classrooms. Many thanks to everyone who came to support their children and connect with staff.

This morning veeerrrrrrrry early (4:45am!) grade 7 and 8 students left for their Fine Arts Trip to Vancouver. Many thanks to the teachers and chaperones who have given their time to support our students with this amazing opportunity.

Today was a sad day because we had to say goodbye to our beloved day custodian, Abner Lopez. As is the case with most retirements, we're happy for him, but sad for us. Mr. Lopez was an integral part of our school community: he is hard-working and dedicated to his job, while also being a kind, friendly, caring person towards both staff and students. He will be greatly missed.

This is a good reminder that we are nearing the end of the year—only about two months to go! It is always a bittersweet time, as we look forward to the summer, but know we will miss being together.

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



next week at a glance

Monday, April 29	Passover ends
Tuesday, April 30	
Wednesday, May 1	Grade 6 and Grade 7 catch-up immunizations
Thursday, May 2	<ul style="list-style-type: none">• Indigenous Drumming in Foyer at 8:20am—everyone welcome• Pizza Day• Band 6 Festival at Spectrum
Friday, May 3	Indigenous Student Lunch

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upcoming important dates—mark your calendars!

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
Tuesday, May 21	PAC Meeting @ 6:30pm in Library
Week of May 27th	Musical
June 7	Indigenous Student Lunch
May 12	Year-End Concert



Yearbook orders close on May 15th

If you would like to order your child a yearbook, please **order online at ybpay.ca using our school order ID#13717624.**

Yearbooks cost \$23.00 and include:

- 64 full colour pages
- Individual and class photos
- Team and club photos
- Candid photos of events from the past year

LANGUAGE MATTERS!

An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities

Language Matters is an introductory guide on mental health and substance use for educators, administrators, school support staff, and other personnel who work with children and youth in school communities.

The guide has been developed to help facilitate conversations, build common understandings, and support practice by defining and discussing key mental health and substance use terms and topics. Developing a common language and shared understanding of mental health and substance use terms and concepts can help to improve mental health literacy and reduce stigma.

This resource was developed in partnership with the BC Children's Hospital's Health Promotion and Health Literacy team.

The *Language Matters* resource provides an overview of a number of key topics, including:

- The importance of mental health for the overall health of the school community
- Cultural conceptualizations of mental health and substance use
- Defining mental health and the different states of mental health
- Common mental disorders
- Mental health promotion, risk, and protective factors
- Self-harm and suicide
- Substance use
- Trauma and trauma-informed practice
- The school community's role in supporting student mental health and wellness
- Creating safe, supportive, and inclusive learning environments for all students
- Mental health professionals in the school, health care system, and community
- Educator well-being



Download the [Language Matters guide](#) with the QR code and share with your colleagues and school community partners.



erase EXPECT RESPECT & A SAFE EDUCATION

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

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Spotlight on Learning

Learning happens best in relationship and community, and our staff jump at the chance to build these with students every day. This week, we enjoyed the opportunity to do this through another hilarious, exciting, and fun-filled Staff vs Students Volleyball game. The students bumped, set, and spiked their way to victory. Great job, students! And thank you, staff, for letting them win. (hee hee—Ok, they won fair and square) :)



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

15th Annual KidsRun Victoria

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

Please join us and donate!!!

Come enjoy a morning full of FUN family activities, emergency vehicles, mascots, on-site barbecue by donation provided by Montana's Cookhouse, silent 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.SoteSistersVictoria.com

#KidsRunVictoria

SCAN TO REGISTER

In Support of

VICTORIA HOSPITALS
Vancouver Island Health
Island Kids Cancer
Maudslayi Children's Centre

In Partnership with

FISGARD TILLICUM save on foods TrueWest Athletics DENMAN PRINT WORKS LONDON DRUGS
chek 100%+ OLD NAVY ZONE 91 MONTANA'S

Aqua Pod's Kids Run Fundraiser

Next week from

Monday to Thursday

Aqua Pod will be selling Bubly and juice boxes for \$1 and



chips for \$2 at **nutrition break** to raise money for the **Kids Run** to help children and their families affected by cancer.

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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_USsmCpgsV0Ewo/edit?usp=sharing

April 29-May3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Gr. 7½ Brown Vball optional	badminton			Kiet's Girls 8 v-ball 7-8am Gr 6/7 development volleyball 7-8am
Lunch practice	Discus/ <u>shotput</u>	Rugby	HJ 6/7 Long/triple jump	Badminton Rugby Distance run	HJ 8 Long/triple jump
After school practice	Rugby				
Competition	Badm. Gr 6 T	Badm. Gr 7 T 6/7 Rugby @ COLQUITZ	Badm. Gr 8 T	7/8 Rugby @ COLQUITZ	

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

WYLD LEADERSHIP PROGRAM

GRADE 8 +
Must be completing grade 8 in June 2024 or older

Saanich's Youth WYLD Leadership Program is now accepting applications. Have you ever wanted to be a summer camp leader, lifeguard, police officer, or first responder? This is the program for you. Apply now for this hands on mentored placement program that prepares youth for future employment and post secondary education.

APPLY NOW

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

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.

May sales are open. June will go up in the last week of May.

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/>

Lead the Change will be doing our **Walk for Water campaign** in late May and we are looking for washed out 2L or 4L Milk jugs. If you have these at home and you're willing to donate to our campaign, that would be awesome!



What is the water walk?

A walk with your class- around the school, down at the creek, around the block-go for as long as you want in the time you have. Each class that signs up will have a 40 minute time slot with the jugs and a 5 minute window between classes to transition. Each student should carry one jug filled with water, or two, if there are enough.

Why?

To help build understanding and empathy for the many people around the world who don't have access to clean drinking water and who have to walk very long distances to get their water.

FINE ARTS UPDATE

All 79 students headed to Richmond on Friday morning for 2 days of concerts, clinics and fun. Photos to follow



Marching Band practices start Tuesday and Friday morning at 7:40 this week and Wed/Fri next week. The parade is Saturday, May 11th

Make sure **all grade 6 students attend Thursday morning's rehearsal - the festival is May 9th**

MUSICAL REHEARSAL SCHEDULE

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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

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

REGISTER HERE

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



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!



Saanich
PARKS, RECREATION & COMMUNITY SERVICES

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

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Family Smart Parent Event

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.

richmond
IN PERSON EVENT
connect + learn

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/>

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! :)

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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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](#).

Ends April 30th!

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>) 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