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 veeerrrryyyyy 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

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.

their time to support our students with this amazing opportunity.

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 • 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

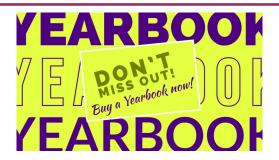
Monday, May 20 Victoria Day—no school

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



<u>Download the Language Matters</u> <u>guide</u> with the QR code and share with your colleagues and school community partners.



Ministry of Education and Child Care

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Reporting
Absences

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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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## 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.

## **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):)



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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. % Brown Vball optional	badminton			Kiet's Girls 8 v-ball 7-8am Gr 6/7 development volleyball 7-8am
Lunch practice	Discus/shotput	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**



Plublic 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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## 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. <u>You must get your orders in each week BY MONDAY AT NOON</u>. 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 <u>colquitz@sd61.bc.ca</u> or call <b>250-479-1678**.

Here is the link to School Cash Online to make your order: https://sd61.schoolcashonline.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!

# WALK WATER HEALING HANDS INTERNATIONAL



#### What is the water walk?

A walk with your class- around the

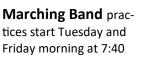
school, down at the creek, around the block-go for as long as you want in the time you have. Each class that signs up will have a 40 minute time slot with the jugs and a 5 minute window between classes to transition. Each student should carry one jug filled with water, or two, if there are enough.

#### 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





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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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.



@ The Youth Centre Saanich Commonwealth Place

maddie.parks@saanich.ca saanich.ca/youth

Are you a current Grade 8 student at Glanford

Are you a current Grade 9 student at

Want to try something new? Want to continue playing football? Experience or no experience necessary!

or Colquitz?

Spectrum?



REGISTER HERE

250 475 7624

### Spectrum **Football** Fall Camp invited to start a August rested? Email Talk to your School Jason Leslie Administrators/Athletic eslie@sd61.bc.ca Directors/Victoria Spartans





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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.

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! :)



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## Learning Surveys—Please participate!



Dear Parents and Guardians/Caregivers,

The Student Learning Survey (SLS) has been administered every since 2001. Prior to 2016-17 it was known as the Student Satisfacback on the implementation of the curriculum changes, learning tion, student belonging and engagement, and career preparation. mation about students' learning experiences through the perspec-

year in B.C. public schools tion Survey. The SLS provides feed-environment, student wellness and satisfacthes of students, parents, guardians/caregivers, and school und long-term planning and goal-setting, and in providing underwent a review to accommodate an updated conceptual

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 <u>core competencies</u> of the curriculum and the <u>British Columbia's Policy for Student Success</u>.

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 <a href="www.bced.gov.bc.ca/">www.bced.gov.bc.ca/</a><a href="www.bced

The results of the parent and guardian/caregiver SLS survey will be available through the Ministry of Education and Child Care website (<a href="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</a>) in summer 2024.

Please contact the web survey provider (AWIS) if you have technical difficulties; call toll free: 1-866-558- 5339 or email <a href="mailto:sup-port@awinfosys.com">sup-port@awinfosys.com</a>.

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

Emilie Sia

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