

# next week at colquitz

friday, may 24, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

This week was short but full, largely due to the planning and execution of our ceremony and celebration to unveil "The Salmon People" by Dylan Thomas today.

We were all privileged to bear witness to several Indigenous protocols and teachings that we may never have the opportunity to experience again, including a welcome to the territory by Brianna Bear, a blessing and blanketing ceremony by Mary Anne Thomas and Ed Thomas to honor Dylan Thomas and his art, and wise words spoken by elder Skip Dick. Several of our students assisted in ushering guests, unveiling the art, as well as in the blanketing ceremony. All that we witnessed today illustrated well many of the First Peoples Principles of Learning, such as:

- ◇ "Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors,"
- ◇ "Learning recognizes the role of Indigenous knowledge,"
- ◇ "Learning is embedded in memory, history, and story,"
- ◇ "Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations,"
- ◇ "Learning involves patience and time."

Students demonstrated respectful listening and outstanding patience during the ceremony, and we could not be more proud of them. Mary Anne referred to students as "little flowers" that need care and support to grow. We thank her for her wise words and could not agree more.

This event was so important and special, I have included it as our "Spotlight on Learning" as well.

Have a wonderful weekend with your family.

- Carrie Schlappner—Principal



## next week at a glance

- |                   |   |
|-------------------|---|
| Monday, May 27    | • <b>Musical Dress Rehearsal</b>                          |
| Tuesday, May 28   | • <b>Musical @ 7:30pm at Spectrum Theatre</b>             |
| Wednesday, May 29 | • <b>Musical @ 7:30pm at Spectrum Theatre</b>             |
| Thursday, May 30  | • Indigenous Drumming in Foyer at 8:20am—everyone welcome |
|                   | • Pizza Day   |
|                   | •   |
| Friday, May 31    | • <b>Musical @ 7:30pm at Spectrum Theatre</b>             |

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## upcoming important dates—mark your calendars!

Saturday, June 1	Musical @ 7:30pm at Spectrum Theatre
Wednesday, June 5	Year-End Concert #1 (Band) - 7pm
Friday, June 7	Indigenous Student Lunch
Wednesday, June 12	Year-End Concert #2 (Strings and Choir) - 7pm
Friday, June 14	CC Day #3—11:45am early dismissal
Tuesday, June 18	PAC Meeting at 6:30pm in Library
Wednesday, June 19	CPAPA AGM @ 6:30pm (MOVED FROM MONDAY)
Wednesday, June 19	HAT DAY

### HIGHWAY 1 COLQUITZ BRIDGES PROJECT

#### INFORMATION & UPDATES

May 21, 2024



#### PROJECT OVERVIEW

The Highway 1-Colquitz River Bridges Widening project will widen and seismically retrofit both existing two-lane bridges over Burnside Road on Highway 1 in Victoria, as well as establish a dedicated bus-shoulder lane. Widening the Colquitz River bridges will make for a more reliable, efficient commute for south Islanders while protecting local waterways and ecosystems. The Project will provide environmental enhancements by planting native trees, removing invasive species and treating highway runoff via a rain garden before discharging into the Colquitz River. Pomerleau Inc was awarded the construction contract in March 2024 for the project.

#### PROJECT UPDATES

The required submittals for construction were received and accepted including the environmental management plan, clearing and grubbing plan, and traffic management plan. Tree removals will be required as part of the clearing and grubbing scope. Every method has been evaluated to minimize the removal and impacts of trees on the project site. A project arborist has been onboarded to help oversee the required tree removals, and an environmental monitor will oversee tree protection fencing installation along the Highway median which will protect trees to be retained.

#### 1 MONTH LOOKAHEAD

The following construction activities are anticipated to begin/continue over the next month:

- Commencement of Temporary Traffic Control
- Undertaking Pre-clearing Bird Nest Survey
- Initiation of Clearing and Grubbing scope
- Equipment and Material Mobilization
- Installation of Water Treatment Granular Pad & Temporary Drainage





For more information about this project, please contact:  
Julia Behrensma, Project Manager, MOCTI - 778-974-2623  
Krista England, Regional Manager of Environmental Services, MOCTI - 250-468-1999

## '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.

#### Self Harm: There is Always Help, There is Always Hope

Learning your child is self-harming can be scary and overwhelming. Self-injury takes many forms and the reason why someone self-harms is complex. In this video hear from a young person with lived experience and a health care professional as they discuss what self-harm is, why youth self-injure, and other options for healthy coping strategies.




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

Cost: Free of Charge

Date(s):

Tuesday, June 4, 2024, 6:00pm (PST)  
Thursday, June 6, 2024, 6:30pm (PST)  
Tuesday, June 11, 2024, 6:30pm (PST)  
Wednesday, June 12, 2024, 12:00pm (PST)  
Wednesday, June 19, 2024, 6:00pm (PST)

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



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



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**Calling any female/female identifying students** (newcomers and refugees encouraged) who would be interested in joining a really cool new (free) program that is

being offered at Spectrum school next year. It is called Hockey 4 Youth. <https://hockey4youth.org/>  
[Hockey 4 Youth](#) It is for the above-mentioned demographic and is a fully funded learn to play hockey program. They provide all of the equipment (they take the kids to Pro-Hockey Life in Vancouver to get them all fitted, and there will be several other unique and fun experiences along the way too). Ice times will be after school on Fridays at Pearkes.

## FINE ARTS FUNDRAISER TUESDAYS AT LUNCH

**\$3 a bag!**

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>



## Spotlight on Learning

Dylan's art, the learning we have engaged in as a school in preparation for today, the learning engaged in during this ceremony, and the ongoing learning that will happen as part of the inspiration from today and Dylan's carving, are a big part of our ongoing learning and reconciliation journey as a school community.



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## SPRING SPORTS @ COLQUITZ

### 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](https://docs.google.com/document/d/1lxJXHhQJolxjbbEJXRtDbZXAA58Da_USsmCpgsV0EWO/edit?usp=sharing)

MAY 27-31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Gr. 7 <sup>½</sup> Brown Vball optional	Grade 7 vball			Girls 8 v-ball 7-8am
Lunch practice	Discus/shotput  Irving- would like to use the gym to work with a group of students		HJ 6/7	badminton	HJ 8
After school practice					
Competition	Track & Field Meet Mrs. Albach Mrs C **See Meet schedule for events		Track & Field Meet  Ms Fenton Mrs C **See Meet schedule for events		

## Be Our Guest

Colquitz Middle School presents Disney's *Beauty and the Beast Jr.*

There are two casts - Team Baguette and Team Croissant

[Click here to buy tickets for Tuesday May 28th & Friday May 31st](#) (Team Baguette)

[Click here to buy tickets for Wednesday May 29th & Saturday June 1st](#) (Team Croissant)

The performances take place at the Spectrum High School Theatre at 7:30pm.





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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](mailto:colquitz@sd61.bc.ca) or call 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!

### 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

**Band and Jazz Band concert June 5th at 7p.m.**

**Band will continue after the concert!**

**Choir and Strings Concert June 12<sup>th</sup> at 7p.m.**

**School highlights concert is**

**Wednesday June 12<sup>th</sup> 1:15p.m.**

***Congratulations to our Marching Band, who won FIRST PLACE in the Buckaneer Days Parade!!!***



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## Supporting Your Family After a Mental Health Crisis

"Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having."

### TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

### THE WORKSHOP IS OFFERED THREE TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 5:30pm - 7:30pm (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



[familysmart.ca/workshops](http://familysmart.ca/workshops)



## 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



## 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](mailto:maddie.parks@saanich.ca)

[saanich.ca/youth](http://saanich.ca/youth)

250 475 7624



## 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](mailto:Tyler.smith2@saanich.ca)

[saanich.ca/youth](http://saanich.ca/youth)

250 475 5462