

# next week at colquitz

friday, may 31, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

**It's Musical Week!** A time when students' hard work, commitment, and resilience pay off, and we get to enjoy the fruits of their labours. I am going on Saturday night and can't wait! I know it will be incredible.

We are entering our last four weeks of school, which can be a bit of a roller coaster ride. Students need to make sure to keep up with assignments, as there can obviously be no more extensions after June... and it's also a time of lots of fun, field trips, and sunshine! And then there's the grade 8 leaving ceremony at the end of June. Leaving Middle School can bring up unexpected emotions, even for those who feel like they're ready to move on. So, my message to all of us is, "let's be gentle with each other."

This is also a time when both staff and students are feeling tired, and things start to "bubble up". We would really appreciate your support in reminding your children about the importance of these things as we move into June:

- Keep following school and classroom expectations consistently. Follow staff directions and requests respectfully and in a timely manner. This helps everything run more smoothly and happily.
- Personal Electronic Devices (cell phones) and ear pods/phones must be put away from the moment students enter the school, and be kept in lockers or bags all day. This includes outside at breaks. If students are seen with them (even if they're not in use), they will be taken away until the end of the day.
- All students must be outside in the morning prior to the bell. ALL students who are not in an activity like a sports practice or Music class or have express permission from Ms. Schlappner or Ms. Elford **MUST REMAIN OUTSIDE UNTIL THE BELL**. Students who want to enjoy our breakfast program should enter and leave by the door by the basketball courts.

If we all do our part to be kind, respectful and safe with each other, we are confident we will all enjoy our last few weeks together. Thanks for your help with this.

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



## next week at a glance

Monday, June 3

Tuesday, June 4

Wednesday, June 5

- Year-End Concert #1 (Band) - 7pm

Thursday, June 6

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

Friday, June 7

- Indigenous Student Lunch

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## upcoming important dates—mark your calendars!

Wednesday, June 12	School Concert @ 1pm and 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
Thursday, June 20	World Refugee Day
Friday, June 21	National Indigenous Peoples 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-on-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/Hockey4Youth> 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.

*Hockey 4 Youth is a charitable organization that provides new Canadian youth with an opportunity to play ice hockey at no cost while learning valuable life skills through our T.E.A.C.H. program.*

## 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

It's the Musical Week. This year's performance is "Beauty and the Beast". We are so proud of all of the hard work, dedication, and talent of our students, and extremely grateful for the exceptional Caroline McKenzie, who spends hours of her own time to make these incredible productions happen. Congratulations to everyone involved, including the amazing CPAPA parent volunteers, who have helped make this such a success.



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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)

JUNE 3-7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Gr. 7½ Brown Vball optional	Grade 7 <u>vball</u>		Irving Volleyball 7AM	Girls 8 v-ball 7-8am
Lunch practice	Highjump	Hockey Sprint practice	gym- Irving	hockey	
After school practice		Open Track and Field Practice			
Competition			T&F Championships for Meet qualifiers-9-3		

## Camp Survivor Registration!!!

This camp is available for youth ages 10 -15, however six weeks is for ages 10 - 12 and two weeks is for ages 13-15.

**Week 1, 2, 4, 5, 6, 8 are for campers ages 10-12**

**Week 3 (July 15-19) and week 7 (August 12 - 16) are for campers ages 13-15**

Regular camp hours are from 9 am - 3:00 pm with the option for extended care 8:30 am - 4:00 pm. Camp Survivor is filled with lots of adventures such as paddle boarding, beach outings, plus trips to Wildplay and Flying Squirrel!

We have **attached a copy of the registration form**. If you know of youth facing financial barriers who would benefit from participating in camp please fill out the **attached subsidy form**. You can also find the registration and subsidy forms on our website. Subsidies are limited and can cover the cost of one week of camp per youth. Please share this information with your clients, families, etc. that you feel would be interested and/or benefit from this camp experience.

Completed forms can be emailed back to Vanessa Normore or be dropped off at the Burnside Gorge Community Association (BGCA). Once she has received the completed forms, parent/guardians will be contacted for payment. Registration isn't complete until all forms have been received and payment has been made.

If you have any questions please feel free to contact Vanessa Normore at Burnside Gorge Community Association

Phone: 250.388.5251 ext 225

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





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**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.

**June sales are open. LAST DAY FOR PIZZA is JUNE 20th. There will be NO PIZZA ON JUNE 26th.**

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/>

### Parenting Children who have Big Emotions

A free virtual group supporting caregivers of children struggling with big emotions.

Psychoeducation, resources, exercises, guest speakers and the opportunity to share experiences in a safe, supportive environment.

Facilitator Mokie Burnham is a counselor with MFFS and has 30 years experience in behavior intervention with children and families.

Tuesday 6 - 7 pm virtually  
starting June 11, 2024  
email: [hello@movingforward.help](mailto:hello@movingforward.help)



**moving  
forward**

## FINE ARTS UPDATE

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

**Band students need to stay after school to help set up in the gym.**

**Students MUST arrive**

**by 6:30pm for warm-up**

**Band will continue after the concert, so keep your instruments**

**Choir and Strings Concert**

**June 12<sup>th</sup> at 7p.m.**

**(same as above for set-up and warm-up)**

**School highlights concert is  
Wednesday June 12<sup>th</sup> 1:15p.m.**

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SUPPORT  
FOR PARENTS  
AND  
CAREGIVERS

## 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](https://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



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

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

250 475 7624



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

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

250 475 5462