

next week at colquitz

friday, october 11, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It is Yom Kippur today - Yom Tova to our Hebrew community.

Today is also National Coming Out Day. Our Rainbow Club organized a parade at lunch for our LGBTQIA2S+ students, staff, and allies. We dressed up, had music, and a little dance party on the back field! It was a wonderful, joyous occasion to celebrate everyone's right to be themselves.

Please look out for an email from your child's Advisory Teacher for **Parent-Teacher Interviews**. They will be on **Wednesday, October 23rd from 2:30pm-7pm**. **PLEASE ENTER YOUR CHILD'S NAME** in the comment section to help teachers know who you will be in to discuss. PAC will be handing out the apples orders on this day, and we look forward to seeing all of you there!



As we move in to October and start to think about Hallowe'en around the corner, we wanted to support you in supporting students in making appropriate choices for their costumes.

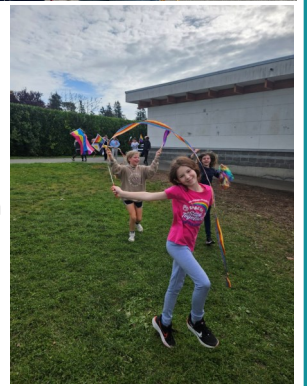
At Colquitz, we want all students to be mindful of their choices throughout the year in terms of how it might make other people feel. When considering your Halloween plans, we want everyone to have fun and be safe, and also be respectful. Portraying stereotypes perpetuates harmful narratives, and making a joke out of cultural, racial, sexual or gender-based identities is thoughtless, inconsiderate and frankly, just plain uncool. We would like to offer some tips in the form of questions to the Colquitz community when choosing a costume:

1. Does your costume represent a cultural identity?
2. Does it devalue traditional regalia or religious garments?
3. Is it racist?
4. Does your outfit promote a stereotype?
5. Does it reference lived violence or trauma?
6. Is it sexist, homophobic or transphobic?
7. Does it perpetuate harmful stereotypes about disabilities or people with disabilities?

We appreciate you supporting students in making respectful choices for their costumes.

Have a wonderful Thanksgiving weekend with your family and friends.

- Carrie Schlappner—Principal



next week at a glance

- | | |
|-------------------|-----------------------------------|
| Monday, Oct 14 | • Thanksgiving (NO SCHOOL) |
| Tuesday, Oct 15 | • PAC Meeting @ 6:30pm in Library |
| Wednesday, Oct 16 | • |
| Thursday, Oct 17 | • Great Shake out |
| Friday, Oct 18 | • |

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upcoming important dates—*mark your calendars!*

Tuesday, October 22	Photo retakes
Wednesday, October 23	Parent-Teacher interviews (2:30pm-7pm)
Friday, October 25	Pro D Day — NO SCHOOL
Saturday, October 26	<i>Intersex Awareness Day</i>
Tuesday, October 29	Gr 6 Immunizations
Thursday, October 31	<i>Hallowe'en/ Diwali/ Deepavali</i>
Friday, November 1	Indigenous Student Lunch
Monday, November 4	CPAPA Meeting @ 6:30pm in Art Room

IMMUNIZATIONS

Immunization consent packages for grade 6 students will be sent home shortly. Follow the instructions inside the consent package and return the signed consent form to the school as soon as possible. Students in grade 6 will be offered immunizations in school-based clinics with the consent of a parent/guardian/representative.



Immunizations will be provided at the school for grade 6 students on October 29, 2024. Please feel free to contact the Saanich Health Unit School Team Nurses at 250-519-5100 if you have any questions.

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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SPORTS @ COLQUITZ

Here is the schedule for Sports practices and games.

Please check in with your students around information from coaches.

https://docs.google.com/document/d/1ii_RjwQmRWcUiQaguArHIQ6Mj882QdROC2rNWcV1Q5k/edit?usp=sharing

Oct 14-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Thanksgiving	Gr 6 boys basketball 7:30	Grade 7½ Boys Basketball Tryouts 7am		6/7 girls bball comp 7:30
Lunch practice		X-country practice Senior Boys Basketball Tryouts	Boys 6/7 bball practice	Girls 6/7 rec bball practice	Girls 7½ bball practice
After school practice			Girls 7½ bball practice		Boys grade 6 basketball practice
Competition		Soccer 3:30pm @ Central Middle School	X-country Juan de Fuca **3:30 (earlier start)		

A huge thank you to all coaches, staff and parents who helped to begin our sports season so successfully. **We are in need of a girl's recreational basketball coach.** This would involve three jamborees and a practice once a week minimum.

Please email Christine Crljenkovic at ccrljenkovic@sd61.bc.ca

School Swim Team

Colquitz Middle School is excited to offer a school swim team this year along with our partners at Pacific Coast Swimming for those in Grades 6-8. Swimmers must be able to swim 25m unassisted in order to participate. Practices are held at Commonwealth Pool, Fridays 3:15-4:00pm. The first practice is on October 18, 2024 and season will run until our final meet on March 2, 2025.



Please contact Megan Steffens at msteffens@sd61.bc.ca for more information .

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SUBWAY AND PIZZA LUNCHESES—REMINDERS

Tuesdays - Subway

We are pleased to offer Subway as a lunch option to order on Tuesdays. **The weekly deadline to place Subway orders for the upcoming week is Sunday at noon.** We are unable to accept any orders after this deadline.



Thursdays -- Pizza Day

We are pleased to offer pizza as a lunch option to order on Thursdays. If you are interested, you may order **through School Cash Online (NOT through the Lunch Box section)**. Please note that you need to order pizza WEEK TO WEEK, thus giving you the option to skip weeks if you so choose. **The weekly deadline to place Subway orders for the upcoming week is Monday at noon.** There can be no exceptions.



Any profits from pizza lunches goes to a variety of resources and activities to support student learning and engagement.

Please note that there are no refunds for unclaimed pizza or Subway. *Parents – you can arrange to pick up your order the same day or transfer it to another student if you inform us by 11am on Tuesdays and 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.schoolcashonline.com/>

Any proceeds from sales will go to fundraising for a variety of student and staff activities and resources.

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Music

- Students have been invited to google classroom, please make sure they accept the invitation!
 - Students in band are now asked to remain in band until the end of the first concert in December.
 - Please see Ms. Forster for help if needed!
 - October 14-19 is week 6 of practice. Practice records are due Wednesday, October 30th.
- The Poinsettia fundraiser will be starting this week, and all orders are due November 1st.

Schedule:

Tuesday: Jazz Band 7:40 am

Wednesday: Band 6 Brass and Percussion (**Trumpets, Trombones and percussion**) at 7:40 am

Thursday: Band 7/8 combined 7:40 am

Pullouts will run as usual.

Dates to note:

Friday, November 1st: Poinsettia orders due to Ms. Mackenzie. Late orders will not be accepted.

Friday, November 8th: Remembrance Day Ceremony (Band 7/8 only)

Saturday, December 14th: Tuba Christmas (Optional)

Wednesday, December 18th: Concert #1: All Bands and Jazz Band 1:15pm and 7:00pm.

All other information about Fine Arts can be found at our website: www.colquitzfinearts.weebly.com



CPAPA

Colquitz Performing Arts Parents Association (CPAPA)

CPAPA is an organization of parents of performing arts students.

We help support the performing arts at our school throughout the school year.

CPAPA Fundraising Activities:

CPAPA is seeking a fundraising coordinator and/or co-helper. The amount of help you are able to provide is up to you but we are grateful for any help, and it all benefits our students! Poinsettia fundraiser has begun, forms should be sent home with students this week.

Join us in the art room for our next meeting at 6:30 to 7:30pm on Nov 4, 2024.

The door will be open at the front of the school to the right of the main entrance.

Contact CPAPA at: cpapainfo@gmail.com

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No cost to participate!

Ages 13-18 yrs.

Learn to Cope with Stress Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Our FREE FALL Y Mind Teen group is Wednesday evenings at 6 pm, Oct 16- Nov 24, 2024, at 202-1314 Lakepoint Way, Langford.

In-person information sessions and intakes Sept 25th and Oct 2nd

For more information please contact:
mindfulness@vancouverisland.ca or call 778-584-7360

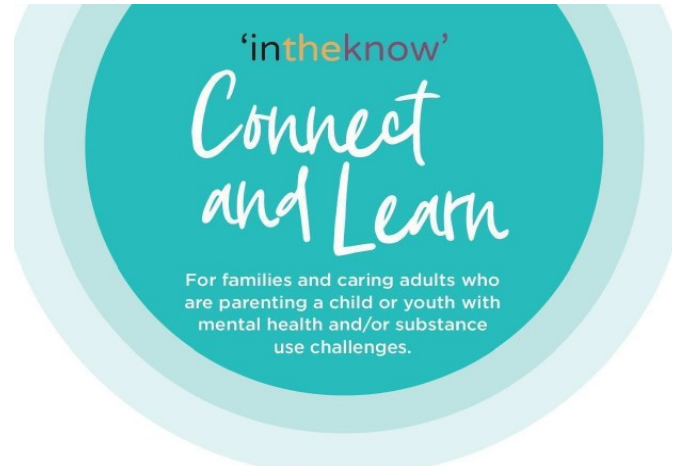
This free program is run by caring, trained staff, in a safe supportive environment.



*Use the QR code to register for info session



<https://vancouverisland.com/program-services/community-health/mental-wellness/>



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.

Emotion Regulation: Helping Our Kids Cope With Their Big Emotions

Cost: Free of Charge
Dates:



When kids frequently have big emotions, parenting can be overwhelming and tiring. As parents, we play an important part in helping our kids manage their big emotions. Learn about emotion regulation and dysregulation. Discover some strategies and skills that you can try to make it easier for your kids and you.

Thursday, October 3rd, 6:30pm-8:00pm (PDT)
Tuesday, October 8th, 6:30pm-8:00pm (PDT)
Wednesday, October 9th, 6:30pm-8:00pm (PDT)
Wednesday, October 16th, 12:00pm-1:30pm (PDT)
Tuesday, October 22nd, 6:30pm-8:00pm (PDT)

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

Registration required:
www.familysmart.ca/events





PEARKE'S AFTER SCHOOL DROP IN

FREE!

Monday to Friday - 3:15- 5:15pm
All School Year

@ The Flipside Youth Centre
Pearkes Recreation Centre

No Registration required

Looking for something fun to do after school?
Hang out together, listen to music, eat some snacks, and play a game of pool, ping pong, foosball or xbox.

Tyler.smith2@saanich.ca

saanich.ca/youth

250 475 5462



Future Innovators: Empowering Women in STEM

Tuesday, October 22nd 6:30 - 8:30 pm
Vic High School

Join us for an inspiring evening about STEM careers.
All are welcome.



Jennie Christensen PhD, RPBio
Founder and CEO



Alison Bird
Earthquake Seismologist



Michelle Mahovlich, P.Eng, P.Geo
Engineering Consultant



Sema Hamidi, P.Eng.
Project Engineer



Emily Murray
President, WECS & Engineering co-op student



Kezia Devathanan
Engineering PhD student & Program Manager

Thanks to our event sponsors





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Saanich
PARKS, RECREATION & COMMUNITY SERVICES



TEEN 2 CHEF

AGES 12 - 17
\$35

If cost is a barrier to this program, please email Tyler.smith@saanich.ca

Thursday's - 4:30 - 7:00pm
Sept 26th - Oct 31st

@ Saanich Neighbourhood Place
Community Kitchens - G.R. Pearkes

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

[REGISTER HERE](#) 

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

Saanich
PARKS, RECREATION & COMMUNITY SERVICES



FRIDAY NIGHTS PIZZA SKATING & MOVIE

AGES 11 - 16
\$5

Sept 20th - Dec 20th
Fridays - 5:45 - 9:00pm


@ The Flipside Youth Centre
G.R. Pearkes Recreation Centre

Bring your friends and hang out on a Fridays at the Flipside. Enjoy pizza, themed skates & a movie in our awesome youth centre.

[REGISTER HERE](#) 

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

Saanich
PARKS, RECREATION & COMMUNITY SERVICES




STORIES & SLIME YOUTH BOOK CLUB

AGES 11 - 15

Calling all book readers and slime makers! Join us at the Flipside youth center for our youth book club, where we meet weekly to make all types of slime and discuss the books we read.

Thursdays - 6:00 - 8:00pm
Sept 19th - Dec 19th

@ The Flipside Youth Centre
G.R. Pearkes Recreation Centre

[REGISTER HERE](#) 

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

Saanich

SAANICH YOUTH SERVICES 2SLGBTQIA+ SOCIALS

Ages 11 - 17

IN OUR YOUTH CENTRES
MONDAYS 6:00 - 8:00PM @ GORDON HEAD RECREATION
WEDNESDAYS 7:00 - 9:00PM @ PEARRES RECREATION

[CLICK TO SIGN UP](#)



WWW.SAANICH.CA 250 475 5462 TYLER.SMITH@SAANICH.CA

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Connect and Learn

FamilySmart offers **5 dates this month** to join other parents to watch and discuss **our topic: Emotion Regulation**

Details: Join us in watching a video conversation with **Nicole Allen, Clinical Counsellor at Fraser Health's START Program**. Nicole offers support to parents and caregivers with information and strategies to cope with **emotion dysregulation** and the challenges which many young people begin to experience as they enter and move through the adolescent years. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.



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Registration required:
www.familysmart.ca/events



This video presentation will be followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker

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

Emotion Regulation: <https://youtu.be/BP4I9Zedrgs?si=uTfolOKTaFBSvmwX>

Self Regulation Strategies With Occupational Therapist Katie Zelinski : <https://youtu.be/sr5cjobqCUE?si=aQFDPjBvK3cvg-SS>

In this webinar, Katie will provide a background on self-regulation and discuss her favorite tips and tools for keeping the sensory system in a "just right" state.