

next week at colquitz

friday, october 18, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was a short but busy week as usual at our amazing Middle School. Next week is also a short one with Friday being a ProD Day.

We had the Great Shakeout Earthquake Drill on Thursday, as well as lots of fun learning activities across the school. Just look at these masks students made in Art class with Ms. Mackenzie! Amazing! Please also see "Spotlight on Learning" on page 4 for a wonderful learning activity with Division 4.



Our Thursday morning Drum Circle is growing – and we would love for family members to join us as well! We drum every Thursday morning at 8:20am until the bell at 8:40am in the foyer. There is no previous experience needed – you can start by just following the beat, and slowly learn the words or vocables through repetition. We hope you will join us!

Please note that this coming Tuesday is PHOTO RETAKES, and that PARENT-TEACHER INTERVIEWS are Wednesday from 2:30pm-7pm, with a dinner break for teachers from 5:30-6pm. People who ordered APPLES will also be able to pick them up in the foyer from about 3pm-5pm during the Interviews.



Lastly, just a reminder for Hallowe'en around making respectful choices around costumes, and ensuring they are not reinforcing stereotypes or mocking cultures, ethnicities, religions, genders, and other aspects of people's identities that are personal to them. For costumes worn to school, we also ask that they be appropriate for the grade 6-8 age group and maturity level. Many thanks for your support with this.

Have a wonderful weekend with your family and friends.

- Carrie Schlappner—Principal



next week at a glance

- | | |
|-------------------|--|
| Monday, Oct 21 | • |
| Tuesday, Oct 22 | • Photo retakes |
| Wednesday, Oct 23 | • Parent-Teacher interviews (2:30pm-7pm) |
| Thursday, Oct 24 | • Indigenous Drum Circle—EVERYONE WELCOME! 8:20am in foyer |
| Friday, Oct 25 | • Pro D Day — NO SCHOOL |

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upcoming important dates—*mark your calendars!*

Tuesday, October 29	Gr 6 Immunizations
Thursday, October 31	Hallowe'en/ Diwali/ Deepavali
Friday, November 1	Indigenous Student Lunch
Monday, November 4	Lockdown Drill @9.45 am CPAPA Meeting @ 6:30pm in Art Room
Thursday, November 7	International Inuit Day Assembly @1pm
Monday, November 11	Remembrance Day (NO SCHOOL)
Tuesday, November 19	PAC Meeting @ 6:30pm in Library

IMMUNIZATIONS

Immunization consent packages for grade 6 students were sent home and should be returned as soon as possible, if not already. 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 21-24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school		Gr 6 boys basketball 7:30			PRO-D
Lunch practice	GR 6 boys bball practice X-country fun run	Girls 7/8 bball practice		Girls 6/7 rec bball practice	
After school practice		Grade 7/8 Boys Comp. & Rec. Practice 3pm-4pm			
Competition	Gr 7/8 boys comp game @Colquitz	Girls gr 6/7 comp game @ Central	Boys 7/8 Comp game @ Glanford	Gr 6 boys comp @Colquitz	

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. Season will run until our final meet on March 2, 2025.



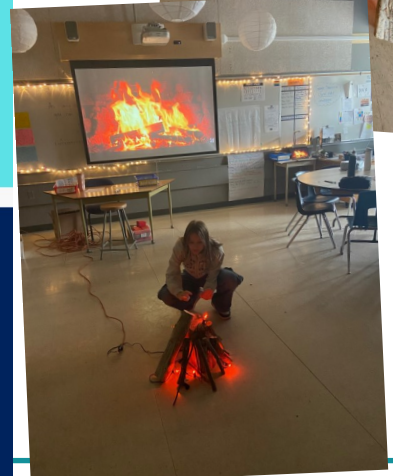
Please contact Megan Steffens at msteffens@sd61.bc.ca for more information .

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Spotlight on Learning

Ms. Albach's Grade 6 Division 4 class enjoyed a "firey" end to their Oral Storytelling Unit this week. They shared their stories in circle around a "campfire", sipping hot chocolate and even had sound effects on a Chromebook soundboard they created!



KALLOWEEN HOWL

REGISTER ONLINE.
Or by phone at
250-475-7600

Saanich
PARKS, RECREATION & COMMUNITY SERVICES

Fri Oct 25 • 7-9 PM • FREE

Music • Games • Treats • Movies

Upside Teen Centre - Saanich Commonwealth Place

Host an International Student

LOOKING FOR HOST FAMILIES FOR MIDDLE SCHOOL STUDENTS FROM *Brazil* JAN. 6 - Feb. 28

VICTORIA INTERNATIONAL EDUCATION

For more information on this group or other short term hosting opportunities, please contact us:

2 5 0 - 5 9 2 - 6 8 7 1

homestay@sd61.bc.ca

\$1260 per month provided for student support

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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.schoolcashionline.com/>

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

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MUSIC

- **Grade 7/8 students:** please find your uniform and try it on! Remembrance Day is November 8th at school, which Band 7/8 will be playing.
- **Wednesday, October 30th: Uniform T Shirt Orders are due. Shirts are \$12 and can be paid for via School Cash Online. Students will need a Colquitz music shirt for all concerts.**
- Students have been invited to google classroom. Please make sure they accept the invitation! There are several grade 6's who have not yet joined.
- The **Poinsettia fundraiser** started this week, and all orders are due November 1st. All documents are available on google classroom.
- Please remind students that they are expected to attend pullout classes during the school day.



BAND SCHEDULE

Tuesday: Jazz Band 7:40 am

Wednesday: Band 6 **Woodwinds** (Flutes, Clarinets, Alto and Tenor Saxophones) at 7:40 am

Thursday: Band 7/8 combined 7:40 am

DATES TO NOTE:

Wednesday, October 30th: Uniform T-Shirt Orders are due.

Wednesday, October 30th: Practice Records are due for October.

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

Friday, November 8th: Remembrance Day Ceremony (Choir and 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

Wednesday, March 12: Band/Strings/Choir Concert

Friday/Saturday April 25-26: Band/Strings/Choir 7/8 Tour to Vancouver (More details to come when available)

All other information about Fine Arts can be found at our website:

<https://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

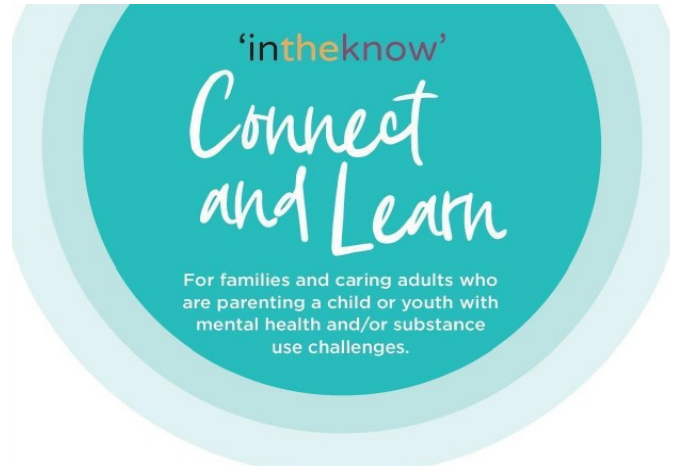
This free program is run by caring, trained staff, in a safe supportive environment.



*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

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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

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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 @ PEARKES RECREATION

[CLICK TO SIGN UP](#)



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

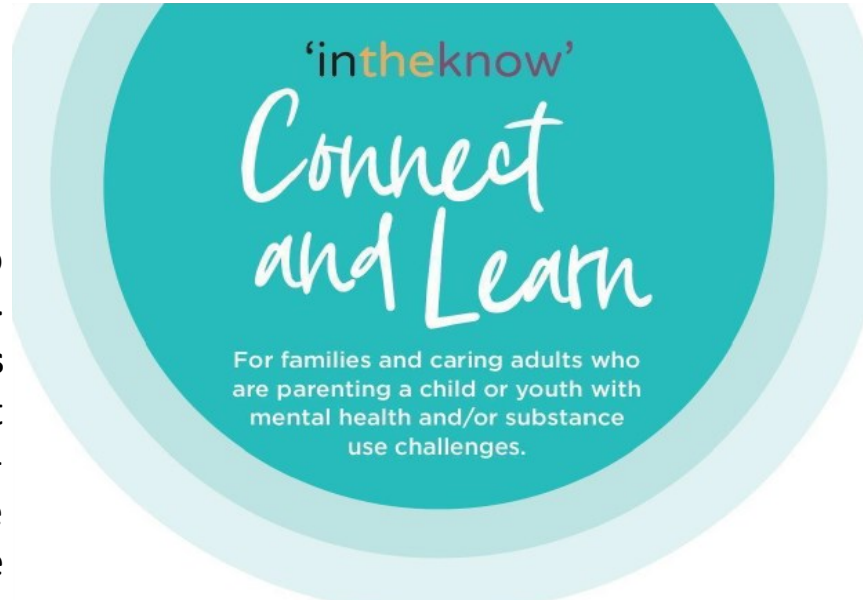
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Connect and Learn

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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Tuesday, October 22nd, 6:30pm-8:00pm (PDT)

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.