

# next week at colquitz

Thursday, October 24, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Well, it's officially fall at Middle School, but the sun decided to give us a few more days of beautiful sunshine this week. Please note as the weather changes to colder and rainier, to send your children with warmer coats. We continue to go outside for recess, PE, Outdoor-Eco Ed and Community Action classes, and everyone needs to participate. If anyone requires assistance with purchasing a coat for their child, please just email me at [cschlappner@sd61.bc.ca](mailto:cschlappner@sd61.bc.ca)

This week was Photo Retakes on Tuesday and Parent-Teacher Conferences on Wednesday. It was wonderful to see so many families in the building. We appreciate connecting as part of the team who support your children, and these opportunities really help to develop communication and relationships. Thank you to everyone that could make it!

Many of our divisions also went on their first skating trips to Pearkes this year. We are so fortunate to live so close to opportunities such as these.



Have a wonderful weekend with your family and friends.

- Carrie Schlappner  
—Principal



## next week at a glance

- Monday, Oct 28 •
- Tuesday, Oct 29 • Gr 6 Immunizations
- Wednesday, Oct 30 •
- Thursday, Oct 31 • *Hallowe'en/ Diwali/ Deepavali*
- Friday, Nov 1 • Indigenous Student Lunch

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## upcoming important dates—*mark your calendars!*

Monday, November 4	Lockdown Drill @9.45 am CPAPA Meeting @ 6:30pm in Art Room
Thursday, November 7	<i>International Inuit Day</i> Assembly @1pm
Monday, November 11	<b>Remembrance Day (NO SCHOOL)</b>
Tuesday, November 19	PAC Meeting @ 6:30pm in Library
Wednesday, November 20	<i>Transgender Day of Remembrance</i> <i>World Children's Day</i>
Friday, November 22	<b>Pro D Day (School Based)</b>

## IMMUNIZATIONS

Immunization consent packages for grade 6 students were sent home and should be returned by Monday, 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](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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## 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](https://docs.google.com/document/d/1ii_RjwQmRWcUiQaguArHIQ6Mj882QdROC2rNWcV1Q5k/edit?usp=sharing)

Oct 28-Nov1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Grade 7½ Boys Comp. Practice	Gr 6 boys basketball 7:30		Grade 7½ Boys Comp. and Rec Practice 7am-8am	6/7 girls bball comp 7:30
Lunch practice		Girls 7½ bball practice		Girls 6/7 rec bball practice	Girls 7½ bball practice
After school practice	Mountain Bike Club at Hartland 3:30-5pm				Gr 6 boys comp practice 3-4
Competition	Gr. 7½ Boys Rec. Basketball @Colquitz 3:45pm-5:30pm	Gr 6/7 girls comp game @ Royal Oak Gr 6/7 girls rec game @Colquitz	Gr 7½ boys comp game @ Colquitz	Gr 6 boys comp game @ 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 [crljenkovic@sd61.bc.ca](mailto:crljenkovic@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](mailto: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](mailto: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

- **Wednesday, October 30:** Uniform T Shirt Orders are due. Shirts are \$12 and can be paid for via KEV. Students will need a Colquitz music shirt for all concerts.
- **Wednesday, October 30:** Practice records are due.
- **Friday, November 1:** The Poinsettia fundraiser orders are due to Mrs. Mackenzie. Late orders are not accepted.
- **Grade 7/8 students:** Please find your uniform and try it on! Remembrance day is next week November 8th at school, which Band 7/8 will be playing.
- **October 28-November 7 is week 8 of practice.**



## BAND SCHEDULE

- **Tuesday:** Jazz Band 7:40 am
- **Wednesday:** Band 6 **Woodwinds** (Trumpets, Trombones and Percussion ) at 7:40 am
- **Thursday:** Band 7/8 combined 7:40 am

**Pullouts will run as usual. If students do not have their instruments, they should still come to class.**



**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](mailto:cpapainfo@gmail.com)**

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FREE!



## BOAT

(BURNSIDE OUTDOOR ADVENTURE TEAM)

BURNSIDE GORGE & COLQUITZ  
AFTER SCHOOL PROGRAM

**Permission Form attached with the newsletter**

<b>WHO:</b>	Colquitz Students seeking connection with nature
<b>WHEN:</b>	THURSDAYS AFTER SCHOOL November 7th - December 5th 2024
<b>MAX. # OF PARTICIPANTS:</b>	10
<b>TIMES:</b>	2:50 PM - 5:00 PM Pick up AND Drop off will be on Dumeresq St. side of school

Come explore parks, lakes, beaches, and forests around Victoria!  
Play games, learn new skills, make new friends, and have some adventures!  
Each week the group will go somewhere new, come rain or shine, so get ready to challenge yourself!

Week 1: Learn About Mushrooms in Francis King with iNaturalist App  
Week 2: CRD Learn About the Watershed at Gorge Waterway Nature House  
Week 3: Wild Animal Safety at Elk/Beaver Lake  
Week 4: Hiking at Mount Doug  
Week 5: Outdoor Safety at Swan Lake Nature Sanctuary  
Back up: Hiking around Lower Thetis

### ACCEPTANCE:

If your child is interested in participating in this program, please **return** this permission form to Melody Kassiri, YFC at Colquitz Middle School by Oct. 31st, 2024

Parents/guardians will be contacted via email regarding your child's status of program registration.

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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 25<sup>th</sup> and Oct 2<sup>nd</sup>

For more information please contact:

[mindfulness@vancouverislandy.ca](mailto:mindfulness@vancouverislandy.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://vancouverislandy.com/program-services/community-health/mental-wellness/>

## KHALLOWEEN HOWL

Fri Oct 25 • 7-9 PM • FREE

Music • Games • Treats • Movies

Upside Teen Centre - Saanich Commonwealth Place

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

PARKS, RECREATION & COMMUNITY SERVICES

## PEARKES 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](https://saanich.ca/youth)    250 475 5462



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

250-592-6871

[homestay@sd61.bc.ca](mailto:homestay@sd61.bc.ca)

\$1260 per month provided for student support

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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.smith2@saanich.ca](mailto:Tyler.smith2@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](mailto:Tyler.smith2@saanich.ca)   [saanich.ca/youth](http://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](mailto:Tyler.smith2@saanich.ca)   [saanich.ca/youth](http://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](mailto:Tyler.smith2@saanich.ca)   [saanich.ca/youth](http://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](http://WWW.SAANICH.CA)   250 475 5462   [TYLER.SMITH2@SAANICH.CA](mailto:TYLER.SMITH2@SAANICH.CA)



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## Connect and Learn

### Obsessive Compulsive Disorder It's More Than Overwashing Your Hands

Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Join us to watch this video featuring **Dr. Katherine McKenney, R. Psychiatrist** and **Kelsey, a young adult who lives with OCD**. Together they discuss ways to strengthen our understanding and support our kids living with OCD.

#### Dates & Times:

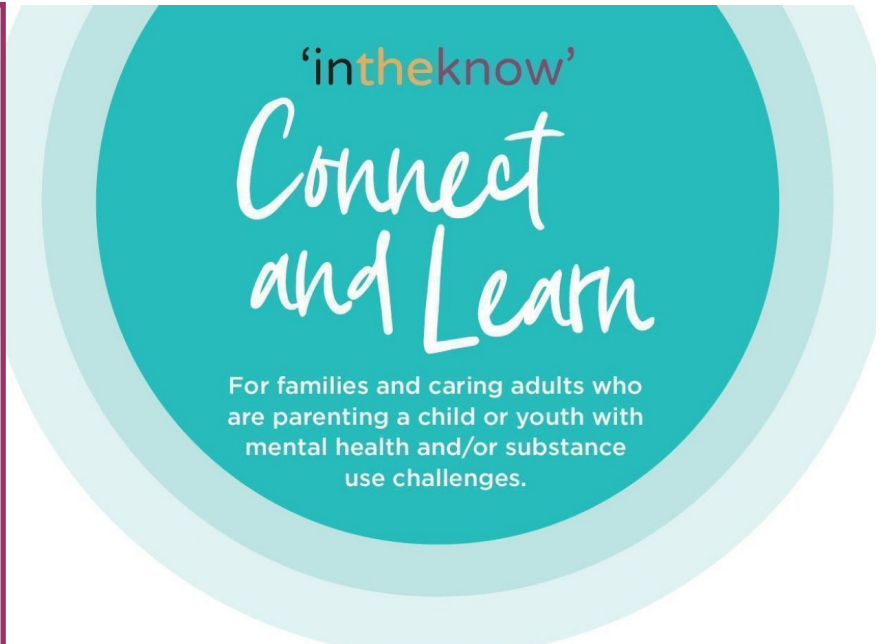
Wed. Nov. 6th, 6:30pm - 8:00 pm

Wed. Nov. 13th, 12:00 pm - 1:30 pm

Thurs. Nov. 28th, 6:30 pm - 8:00 pm

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

**Watch now:** [https://youtu.be/b8mGZ-LqPGs?si=ly\\_EGDVyj0trm4kt](https://youtu.be/b8mGZ-LqPGs?si=ly_EGDVyj0trm4kt)



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.

#### Supporting Safety at Home When Your Child Has a Mental Health Crisis

When our child or youth has had a mental health crisis, knowing how to keep them safe can be overwhelming. Our concerns can include suicidal thoughts, self-harming and aggression. Listen to this discussion about some ways that can help us talk to our kids about their safety at home.

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

Cost: Free of Charge  
Date(s):

Thursday, November 7th, 6:30pm-8:00pm (PST)  
Tuesday, November 26th, 6:30pm-8:00pm (PST)

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



### Supporting Safety at Home When Your Child Has a Mental Health Crisis:

#### Dates & Times:

Thurs. Nov. 7th, 6:30 pm - 8:00 pm

Tues. Nov. 26th, 6:30 pm - 8:00 pm

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

**Watch now:** [https://youtu.be/bfej3x7UFTQ?si=Y0Y\\_uCUZ\\_F5uw46](https://youtu.be/bfej3x7UFTQ?si=Y0Y_uCUZ_F5uw46)

If you would like to know more about what else we offer or if you would like to speak to a Family Peer Support Worker click here to book a time: <https://lisa-tate.youcanbook.me/>