

next week at colquitz

friday, october 4, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Hello, October! Welcome to fall, a bit more rain (but sun as well today!), leaves changing colours, and a drop in temperatures. Welcome also to the time of year when kids say they don't want to bring a coat to school, but then say they don't want to go outside because it's too cold and wet! Ahhh, Middle School!

Today, some students (CW and CN) surprised me with a treat from their Foods class with Ms. Krytor: a delicious blueberry scone with blueberry compote. Yum! It warmed my heart and delighted my stomach. Thanks, boys!

This week several of our classes went to cheer on the Tour de Rock as they rode by on Interurban road. Many thanks to everyone who helped raise money through our "Coins for Cancer", and thank you to Ms Elford for organizing it! We also had our first Indigenous Student Lunch today, where students enjoyed pizza while they played some Lahal.

Tomorrow is International Teacher's Day—I like to refer to it as International Educator's Day to include our wonderful Educational Assistants and office staff who also work every day to support students and their learning. Please join me in thanking your child(ren)'s educator(s) for all of the effort, compassion and care they put into working with students. I went from class to class and asked students to give the educators they work with a big round of applause, and we handed out a little gift to enjoy their day tomorrow.

I hope all of you enjoy your time tomorrow as well. Have a wonderful weekend with your friends and family.

- Carrie Schlappner—Principal



next week at a glance

- | | |
|------------------|--------------------------------------|
| Monday, Oct 7 | • CPAPA Meeting @ 6:30pm in Art Room |
| Tuesday, Oct 8 | • |
| Wednesday, Oct 9 | • |
| Thursday, Oct 10 | • World Mental Health Day |
| Friday, Oct 11 | • Yam Kippur |
| | • National Coming out Day |

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upcoming important dates—*mark your calendars!*

Monday, October 14

Tuesday, October 15

Tuesday, October 22

Wednesday, October 23

Friday, October 25

Saturday, October 26

Tuesday, October 29

Wednesday, October 30

Thursday, October 31

Thanksgiving — NO SCHOOL

PAC Meeting

Photo retakes

Parent-Teacher interviews

Pro D Day — NO SCHOOL

Intersex Awareness Day

Gr 6 Immunizations

Theatre Pull Out Starts

Hallowe'en/ Diwali/ Deepavali

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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Okanagan Apples PAC Fundraiser

Colquitz Families,
We are very pleased to announce that the Colquitz PAC is running an exciting new fundraiser. **The funds raised will primarily be for the installation of a new large, retractable screen, sound system, and ceiling-mounted LCD projector for the gym.** This is a long term investment benefitting the entire school.

We have partnered up with the distinguished Okanagan orchard, Sun-Oka Fruit Farms, to sell their delicious farm-fresh apples. This family run century-old farm has won major awards for their fruit, including the prize for growing the best apples in Canada for eight straight years!



There are two options available for purchase:

1. 10 pound box of Ambrosia apples for \$23.95 (\$8 profit for the school)
2. 10 pound box of Honeycrisp apples for \$29.50 (\$10 profit for the school)

Please consider sharing this fundraiser with nearby friends and family. Apples are far-and-away the most popular fruit in Canada, so it's highly likely that you have many apple lovers in your life. By selling to others you can earn a discount on your own apple purchase!

Ordering is completed on the Sun-Oka Farms website, so you won't have to deal with the hassles of collecting money and tracking orders. Just complete a quick and easy registration process and then share your link with your contacts. Sweet and simple! It will only take you a couple of minutes, but our kids will benefit for years. However, make sure that the friends and family you sell to live in the area so that you can deliver the apples when they arrive.

The order deadline is Wednesday, October 9th, 2024.

Discount Opportunity

As an added bonus to you, if 2 or more people buy apples through your link then you will save on your own purchases:

2-5 = \$2 a box savings

6-9 = \$4 a box savings

10+ = \$6 a box savings

You can find out more about Sun-Oka Farms and this particular fundraiser by clicking this link:

https://fundraising.sunokafruit.com/seller_1/090384834/org-campaign/colquitz-middle-school-harvest-2024

Once orders are in, Sun-Oka Farms will provide a more specific date for harvest and delivery. Then all you have to do is pick your apples up at the school on the designated day/time and enjoy!

Please consider participating in this fundraiser. This is a fresh and healthy product of the highest quality, and at a very good price!

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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 7-11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school		Gr 6/7 boys basketball 7:30	Grade 7½ Basketball Open Gym 7:00-8:00		6/7 girls bball comp 7:30
Lunch practice	X-country practice	X-country practice			Girls 7½ bball practice
After school practice	Mtn biking at Hart land 3:45 -5pm		Girls 7½ bball practice	Soccer Practice/ Mini Scrimmage @ CMS 3pm-400pm	Gr 6/7 boys basketball 3-4
Competition	Soccer jamboree 3:45 Arbutus				

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 coach. This would involve three jamborees and a practice once a week minimum. Please email Christine Crljenkovic at ccrljenkovic@sd61.bc.ca

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.

Join us in the art room for our next meeting at 6:30 to 7:30pm on Monday Oct. 7th.

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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SUBWAY AND PIZZA LUNCHES—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. You must get your pizza orders in each week by 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.

Music

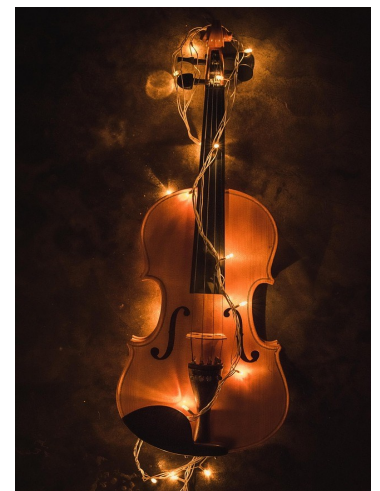
- Students have been invited to google classroom, please make sure they accept the invitation!
- Practice records are over due to Ms. Forster, please turn them in as soon as possible! Email, google classroom or in person are all accepted.
- Please have students start Week 5 of their practice record on Sunday, October 6th, which may require skipping a few weeks to get everyone lined up! They will be due again on October 30th.

Schedule:

- CPAPA Meeting 6:30 pm Monday in the art room
- Tuesday: Jazz Band 7:40 am
- Wednesday: Band 6 Woodwinds only (Flute, Clarinet, Alto and Tenor Saxophone) 7:40 am
- Thursday: Band 7/8 combined 7:40 am
- All pullouts run as usual.

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

www.colquitzfinearts.weebly.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@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/>




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, RFPBio 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 Devathasan Engineering PhD student & Program Manager

Thanks to our event sponsors







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

INTRODUCTION TO THE DISABILITY TAX CREDIT AND THE REGISTERED DISABILITY SAVINGS PLAN

PRESENTED BY AUDREY FROM
DISABILITY ALLIANCE BC

PARENTS AND CAREGIVERS EDUCATION SERIES

WEDNESDAY, OCTOBER 9TH
AT 6PM
FOUNDRY- 546 YATES STREET
TO REGISTER EMAIL:
LISA.TATE@FAMILYSMART.CA

Topics covered will include:

- How government programs can help you access thousands of dollars in government funding
- How to access support with applications
- Eligibility






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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

REGISTER HERE 

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

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

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

REGISTER HERE 

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

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

Saanich
PARKS, RECREATION & COMMUNITY SERVICES




STORIES & SLIME YOUTH BOOK CLUB

AGES 11 - 15

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

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.

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.



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

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.

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, 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)

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.