

# next week at colquitz

friday, september 13, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Our first full week went by quickly. Lots has started up this week – sports practices, Choir, Mountain Bike Club, Yearbook Club, Rainbow Club, and Band. Leadership will be starting next week and we will be having spirit day on Wednesday where staff and students are encouraged to wear their Colquitz wear.

This is just a reminder that **all students who need to leave for appointments or go home sick MUST SIGN OUT AT THE OFFICE**. If the student is signing out, the office will need confirmation that the parent has given permission, or the parent can sign out for them.

Next, **THANK YOU to all of the families who have made an effort to be more safe around drop-off and pick-up times**. Thank you for dropping off and picking up further away from the school. Thank you for driving around the block rather than doing dangerous U-turns. Thank you for not stopping in no-stopping zones. It really helps.

Something that was clarified for me is that **across the street from our main driveway is almost all a no-stopping zone**. The signs are not super clear, so I am working with Saanich to improve this. However, please be aware that **NO ONE should stop or park from just before the crosswalk all the way to the corner / fire hydrant**. If you do, please be aware they are coming out to ticket soon.

As we have mentioned before, the most helpful thing to assist with traffic is to have students take the bus, walk, ride, or scooter to school. This builds important independence, confidence and resilience skills.

We as a staff have started to organize activities and events for the lead-up- to Orange Shirt Day and the National Day for Truth and Reconciliation. We will be holding an **assembly on Friday, September 27<sup>th</sup> at 1pm and all families are welcome to attend**. More to come throughout this month.

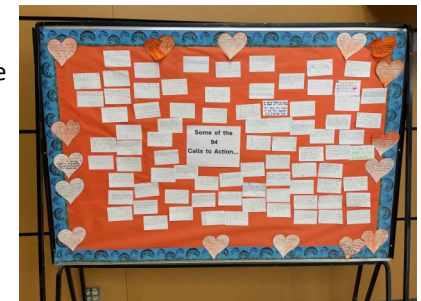
Have a wonderful weekend with your family. - *Carrie Schlappner*—Principal



Grade 6 Choir, Day 1



M. Leblond testing bikes



## next week at a glance

- Monday, Sept 16 •
- Tuesday, Sept 17 • **PAC Meeting : 6.30 pm**
- Wednesday, Sept 18 • **Meet the teacher : 6-7 pm (Pizza served from 5:30-6:00pm)**
- Thursday, Sept 19 • **Photo Day**
- Friday, Sept 20 •

# next week at colquitz

friday, september 13, 2024

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

Tuesday, September 17	PAC Meeting in Library at 6:30pm SUBWAY LUNCH (must pre-order)
Wednesday, September 18	Meet the Teacher 6pm-7pm
Thursday, September 19	PHOTO DAY PIZZA LUNCH (must pre-order)
<b>Monday, September 23</b>	<b>Pro_D Day—No School for students</b>
Friday, September 27	Orange Shirt Day / National Day for Truth and Reconciliation - Observed; Assembly
<b>Monday, September 30</b>	<b>National Day for Truth and Reconciliation—NO SCHOOL</b>



## PAC MEETING

Tues, September 17th

6:30pm-7:30pm

Colquitz Library

*Hope to see you there!*

## *Calling all Families!*

*We hope that you can join us for our first Parent Advisory Council meeting on this coming Tuesday in the Library from 6:30-7:30pm. It's a great way to meet and connect with fellow parents and guardians and support our students.*

*Looking forward to meeting you. :)*

*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*

# next week at colquitz

friday, september 13, 2024

## Meet the Teacher Open House Night Wednesday, September 18<sup>th</sup>



We hope all families can join us for “Meet the Teacher” Open House night on this coming Wednesday, September 18<sup>th</sup>.

The evening will run from 6:00pm-7:00pm **UNLESS YOU WOULD LIKE TO ORDER PIZZA FOR DINNER, in which case, please arrive between 5:30-6:00pm** to pick up your pizza.

**At 6:00pm, Ms. Schlappner and Ms. Elford will host families in the gym** for a quick welcome and overview of the school year and specifics about the evening. Then families are free to tour the school and see their child(ren)’s classroom(s), as well as our Exploratory classes and Library. The evening will end promptly at 7:00pm.

Please note that the purpose of the Open House is for you to meet your child(ren)’s teachers and see our wonderful school. ***This is not a time to speak to staff about any specific questions or concerns about your child(ren). If you would like to do so, please email your child(ren)’s teacher to set up a separate time to talk.***

**If you would like to order pizza for your dinner**, please go to School Cash Online at <https://sd61.schoolcashionline.com/> and choose the “**Pizza Colquitz OPEN HOUSE**” to make your selections and payment. We will also have a small amount of pizza slices for sale on Wednesday. Slices are \$5/each for the fundraiser. **Proceeds from the sales will go to the installation of a new sounds system and AV equipment in our gym, which will benefit all students.**

***(Please note that our Thursday lunch pizza starting on September 19<sup>th</sup> is a SEPARATE ITEM on School Cash Online).***

## Fine Arts

All early morning music classes have begun, with the exception of Grade 6 Band.

**Tuesday morning at 7:40am: Grade 6 choir and Jazz Band**

**Wednesday morning at 7:40am: Grade 7/8 choir**

**Thursday morning at 7:40am: Grade 7/8 band**

Auditions for the fall play have wrapped up and the cast list will go up after school on Monday. If your child missed auditions or forgot to hand in their form, they may turn them in on Monday at lunch. All theatre students must also add themselves to the google classroom for theatre. It'll be a fun show!

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

[www.colquitzfinearts.weebly.com](http://www.colquitzfinearts.weebly.com)



# next week at colquitz

friday, september 13, 2024

## 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)  
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 9<sup>th</sup>, 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](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!

# next week at colquitz

friday, september 13, 2024

## 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)

Sept 16-20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Grade 7½ Basketball Open Gym	Gr 6 boys bball	Grade 7½ Basketball Open Gym		6/7 girls bball comp try out
Recess meeting					
Lunch practice	X-country practice	X-country practice	Touch Rugby Practice	Soccer Practice Gr. 6/7	Touch Rugby Practice
After school practice	Mtn biking at Hartland 3:45-5pm	Ultimate Practice		Ultimate Practice	Boys 6/7 Bball practice 3-4
Competition	Soccer 3:45 Rockheights	Touch Rugby 3:45 Lansdowne	Ultimate 3:45 Venue TBD	X-country Meet Lambrick 3:45	

Beginning this week, we begin practices for **soccer, ultimate, touch rugby and x-country**. Students need to listen carefully to the announcements to avoid missing important meeting and practice times. Soccer is back for Middle School and will be run like the Ultimate program (jamboree style, co-ed, grade 6-8). Please stay tuned for further information from coaches. We have our coaches' meetings on Thursday September 16th.

Connor Brown (cbrown@sd61.bc.ca) is currently looking for a soccer coach to help with 150 students who signed up! **If you are able to help coach or manage a team, please reach out to Christine Crljenkovic ccrljenkovic@sd61.bc.ca or to the coach directly.**

## ULTIMATE FRISBEE

Ultimate Frisbee practices will take place on Tuesdays and Thursdays after school starting at 3 pm and ending at 4 pm weekly. The season is a short one and the three Jamborees will take place on three successive Wednesdays: September 18, September 25, and Oct 2. Locations and times for the Jamborees have yet to be determined but will be finalized next week.

If you have questions about the practices, jamborees or transportation, please contact Mr. Leblond who is coaching the team again this year.

Email him at [dleblond@sd61.bc.ca](mailto:dleblond@sd61.bc.ca).



# next week at colquitz

friday, september 13, 2024

## PARENT RESOURCES

Hello Everyone,

I hope September is treating you well and you are settling into a new routine! 🌿🌿🌿🌿

Here are some great resources for parents as the school year starts, and an Anxiety program for Teens and Youth.

### FamilySmart Videos

**(1) Working Together: Families and Schools** (33 mins) :<https://youtu.be/vSfPST8aH00?si=JpWseZKNyVCRigfG>

When our kids struggle with their mental health, challenges can often have a great impact on their school experience. As parents it can be really hard to know where to begin. How do we take the first step and let the school know what is going on for our family? What are the supportive options that are available to my child? We might even worry that we will be judged for the difficulties our child is facing.

**(2) Parenting When our Kids Can't Go To School** (32 mins): <https://youtu.be/camDL6Lx0zY?si=jBHQmquxjo2mvmvBu>

Parenting when our kids won't (or can't) go to school is hard for everyone; mental health challenges can be what is creating the barrier to them attending. This is hard and complex – we talk about the pieces we have some control over, remembering how much relationships matter, and who we can look to for support.

**(3) Anxiety 101 - Worries and Woes** (1 hour): [https://youtu.be/D\\_zrP8\\_wElw?si=NX4a9W75a6CcLY2B&t=59](https://youtu.be/D_zrP8_wElw?si=NX4a9W75a6CcLY2B&t=59)

Anxiety disorders are the most common form of psychological problems reported and can interfere significantly in the lives of children. This talk will help to increase awareness of the anxiety disorder spectrum, identify basic behavioral indicators of anxiety in children, develop a preliminary understanding of the current research, understand the efficacy of psychological treatment and be aware of techniques that are useful to implement immediately with an anxious child, and become aware of resources in our community.

### Anxiety Program for Teens

**(1) Y Mind Groups: free weekly psychoeducational support groups for teens** (13-18) and Youth (18-30) who are experiencing stress, worries and anxiety.

#### Program Highlights and Learning:

- Healthy coping skills through mindfulness
- Self-Compassion
- How to navigate their anxiety
- ACT (Acceptance and Commitment Therapy) <https://www.psychologytoday.com/ca/therapy-types/acceptance-and-commitment-therapy>
- Connection with other young people

**Online registration for information/intake sessions is available here:** [YMCA-YWCA of Vancouver Island Online Services \(activecommunities.com\)](https://www.ywca.org/vancouver-island/online-services)

**For more information:** <https://vancouverislandy.com/program-services/community-health/mental-wellness/>

We Also help **Service Providers and Community Partners find resources** that might be helpful for the families you serve, email [lisa.tate@familysmart.ca](mailto:lisa.tate@familysmart.ca) or book a time to chat:<https://lisa-tate.youcanbook.me/>



# next week at colquitz

friday, september 13, 2024



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/>

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

## SUBWAY AND PIZZA LUNCHES STARTING WEEK OF SEPTEMBER 16th

### Tuesdays - Starting Tuesday Sept.17th - Subway (This is a NEW start date)

We are pleased to offer Subway as a lunch option to order on Tuesdays. If you are interested, please see the attached guide and order through Lunch Box on School Cash Online.

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.



*(please note that the Lunchbox set-up seems to be having technical difficulties. More to come next week!)*

### Thursdays - Starting Thursday Sept. 19th - Pizza

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](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.*

# next week at colquitz

friday, september 13, 2024

**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)



# next week at colquitz

friday, september 13, 2024

'intheknow'

## Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

'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.

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.

### Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 - 8

Cost: Free of Charge



Date:

Wednesday, September 18th, 12:00pm-1:30pm (PDT)

Tuesday, September 24th, 6:30pm-8:00pm (PDT)

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

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? Listen to a parent and counsellor talk about the developmental stages of 4 to 8 year old children.

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

### Connecting with Our Kids When Anxiety Leads to Social Isolation

Cost: Free of Charge



Date:

Thursday, September 19th, 6:30pm-8:00pm (PDT)

Wednesday, September 25th, 6:30pm-8:00pm (PDT)

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. In this video, a parent and counsellor talk about the hard stuff and some strategies that can help us connect with our kids when they are socially isolated.

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](http://www.familysmart.ca/events)



## Come Celebrate Big Brothers Big Sisters Month at our Open House!

Save the date: September 14th



- Food and Drinks
- Activities
- Learn more about our programs, community impact and volunteering!