

# next week at colquitz

friday, september 20, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It's been a busy week with lots of activities including Spirit Wear Day today, Meet the Teacher on Wednesday Night, and our first PAC Meeting of the year on Tuesday. Cross Country, Soccer, Rugby, and Ultimate are now in full swing, and our clubs like the Leadership, Rainbow Club and Mountain Bike Club are as well. Many thanks to the teachers, coaches, and parents who are supporting our students to have so many enriching experiences here at Colquitz!

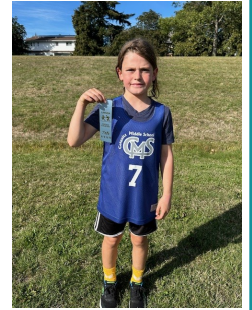
Many thanks to families who came to **PAC and Meet the Teacher!** We had a great turn-out for both. It feels wonderful to be connecting as a community, and to be working together to support our students to have their best possible school experience.

Today after school, several cars were parked in our bus zone, which impacted the busses' ability to safely pick up students. **Please remember that the bus zone is available BEFORE SCHOOL ONLY to use for cars;** after school they need to be free for busses. Also, we ask that you please be aware of no stopping zone when you park for events like Meet the Teacher.

Please don't forget that **Monday is a ProD Day, so NO SCHOOL for kids,** and that **next Friday is Orange Shirt Day and the day to recognize the National Day for Truth and Reconciliation.** We look forward to seeing lots of Orange to show support on that day. All families are welcome to attend our assembly on Friday at 1pm in the gym. Please be aware that it will be likely be "standing room only", however, if you know in advance that you will be coming and have mobility issues, please just email me to let us know. We look forward to seeing you there.

Have a wonderful weekend with your family.

- Carrie Schlappner—Principal



## next week at a glance

- |                    |   |
|--------------------|---|
| Monday, Sept 23    | • <b>Pro D Day (No School)</b>  |
| Tuesday, Sept 24   | •   |
| Wednesday, Sept 25 | •   |
| Thursday, Sept 26  | • <b>Indigenous Drumming in Foyer @ 8:20am. All families Welcome</b>  |
| Friday, Sept 27    | • <b>National Day for Truth and Reconciliation/ Orange Shirt Day</b><br>• <b>Assembly at 1pm—all Families Welcome</b> |

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

**Monday, September 30**

Tuesday, October 2

Friday, October 4

Saturday, October 5

Thursday, October 10

Friday, October 11

**Monday, October 14**

**National Day for Truth and Reconciliation—NO SCHOOL**

*Rosh Hashana begins*

*Rosh Hashana ends,*

*Indigenous Student Lunch*

*International Teacher's Day*

*World Mental Health Day*

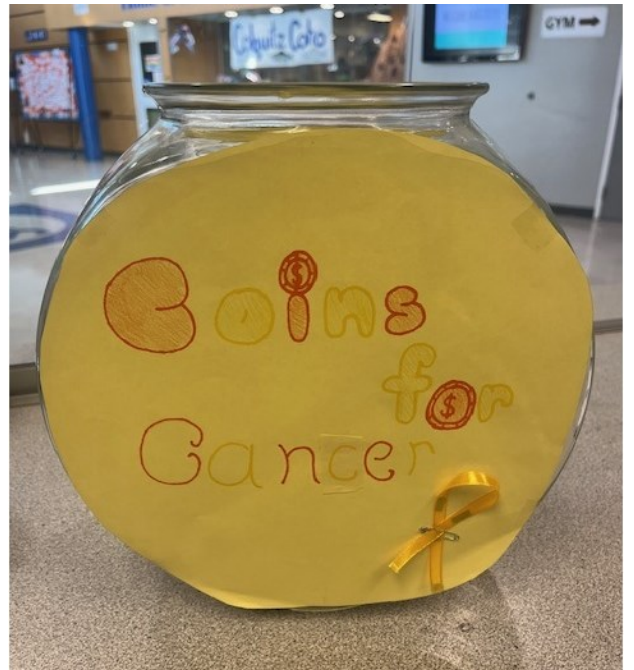
*Yam Kippur*

*National Coming out Day*

**Thanksgiving—NO SCHOOL**

## Coins for Cancer

Calling all spare change! Until October 4th we will be collecting coins to support those impacted by childhood cancer. All donations received will go to support Colquitz parent and Tour de Rock rider, Mary-Ellen Somerville. Her goal is to raise \$10 000 for Cops for Cancer. Donations can be dropped off in the office. Thank you for your support!



*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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## 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!

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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)

Sept 24-27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	PRO D	Gr 6/7 boys basketball 7:30	Grade 7/8 Boys Basketball Open Gym 7am-8am		6/7 girls bball comp try out 7:30
Lunch practice		X-country practice	Touch Rugby Practice		Touch Rugby Practice
After school practice		Ultimate Practice Soccer Mini inhouse @CMS Jamboree 3pm-430pm		Ultimate Practice	
Competition		Touch Rugby 3:45 Centre Mountain Lellum	Ultimate 3:45 Spencer Middle School	X-country meet Cedar Hill 3:45	

Practices and games for **soccer, ultimate, touch rugby and x-country continue this week**. Students need to listen carefully to the announcements to avoid missing important meeting and practice times.

**If you are able to help coach or manage a team, please reach out to Christine Crljenkovic [ccrljenkovic@sd61.bc.ca](mailto: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.



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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. 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.



### 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](mailto: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.*

## Music

- Practice records are due Wednesday, October 2nd to Ms. Forster
- Tuesday Morning Jazz Band @7:40
- Morning rehearsal will begin at 7:40 am on Wednesday, September 25th for band 6 flutes, clarinets, alto and tenor saxes only. (everyone else does not need to come)
- Thursday morning Band 7/8 combined at 7:40
- Please ensure students have their folder, method books and instruments for every class.
- Those who have not gotten an instrument yet, please rent one from Long and McQuade or Tapestry music or see Ms. Forster for a rental form to borrow from the school.



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

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

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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/>

## Truth & Reconciliation Day - Youth Workshops

Join us at the Victoria Native Friendship Centre (VNFC) for FREE workshops leading up to National Day for Truth & Reconciliation. No Registration Required - Just show up!

### Orange Shirt Workshop TUESDAY SEPT 24TH: 5-7 PM

Join us for a hands-on workshop to design and stencil your own orange shirt in honor of National Day for Truth and Reconciliation. Shirts and supplies are provided.

### Bannock Making Workshop THURSDAY SEPT 26TH: 5-7 PM

Discover the joy of making and eating bannock, a deliciously versatile and traditional fry bread taught by the knowledgeable team at VNFC.

Both workshops take place at the Victoria Native Friendship Centre, Located at 231 Regina Ave.  
Tyler.smith2@saanich.ca   Marcus.m@VNFC.ca

## 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](mailto:Tyler.smith2@saanich.ca)   [saanich.ca/youth](http://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](mailto: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.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 @ PEARRES 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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'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.

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

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.

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)