

next week at colquitz

friday, september 27, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was a short week with the ProD Day on Monday, but a busy one nonetheless.

All classes engaged this week in activities for the lead up to Orange Shirt Day and the National Day for Truth and Reconciliation, culminating in our assembly today. Many thanks to the staff who organized and presented at the assembly, including Ms. Spies, Ms. James, Ms. Elliott, Mr. Wilson, Mx. Reese, Mx. Menzies, Ms. Steffens, and Ms. Elford. Also thank you to students who presented, including Daley from Div 11, Kaia and Rafa from Div 12, and Joey and Jack from Div 22, as well as all the students who participated in our Drum Circle. It was a moving and reflective assembly, and we hope it helped students consider how to contribute to Reconciliation now and into the future.

Several classes also took part in the Indigenous Atlas of Canada activity this week—a huge floor map that shows the locations of Indigenous communities, residential schools, reserves and more. Rather than political borders, Canada is broken up into Indigenous language groups. This resource assists students in understanding the past, present and future of Indigenous Peoples in Canada.

On Monday, we hope you and your family will be able to take part in an activity for NDTR / Orange Shirt Day. Here are a couple of ideas. I will be at the Pow Wow with my family.

Local Resources for Truth and Reconciliation Day and Orange Shirt Day:

Songhees South Island Pow Wow
Royal Athletic Park, September 30th
10:00 am gate opens Grand entry at 12pm and 6 pm.
[Songhees South Island Pow Wow for TRC 2024](#)

Victoria Orange Shirt Day
Centennial Square
September 30th 10:00 am – 1:00 pm
[Victoria Orange Shirt Day Events 2024](#)

Have a wonderful long weekend.

-Carrie Schlappner—Principal



next week at a glance

- | | |
|------------------|--|
| Monday, Sept 30 | • National Day for Truth and Reconciliation (No School) |
| Tuesday, Oct 1 | • |
| Wednesday, Oct 2 | • <i>Rosh Hashana Begins</i> |
| Thursday, Oct 3 | • |
| Friday, Oct 4 | • <i>Rosh Hashana Ends</i> |

next week at colquitz

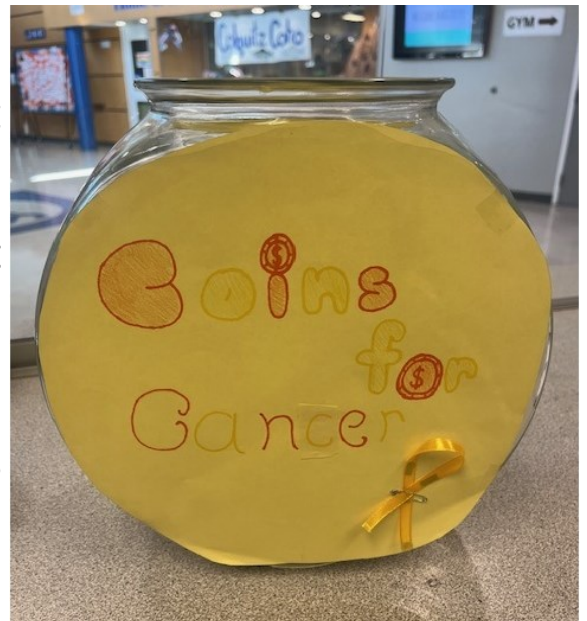
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upcoming important dates—*mark your calendars!*

Saturday, October 5	International Teacher's Day
Thursday, October 10	World Mental Health Day
Friday, October 11	Yam Kippur
	National Coming out Day
Monday, October 14	Thanksgiving — NO SCHOOL
Tuesday, October 15	PAC Meeting
Tuesday, October 22	Photo retakes
Wednesday, October 23	Parent-Teacher interviews
Friday, October 25	Pro D Day — 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 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 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 1-4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	National Day for Truth and Reconciliation	Gr 6/7 boys basketball 7:30	Grade 7½ Boys Basketball Open Gym 7am-8am		6/7 girls bball comp
Lunch practice		X-country practice		Soccer Practice	
After school practice		Ultimate Practice Soccer Practice/ Mini Scrimmage @ CMS 3pm-400pm			Boys gr 6/7 bball practice 3-4
Competition		Touch Rugby 3:45 Shoreline	Ultimate 3:45 Lansdowne Middle School	X-country Meet Beaver Lake 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 crljenkovic@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 soon



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.

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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.

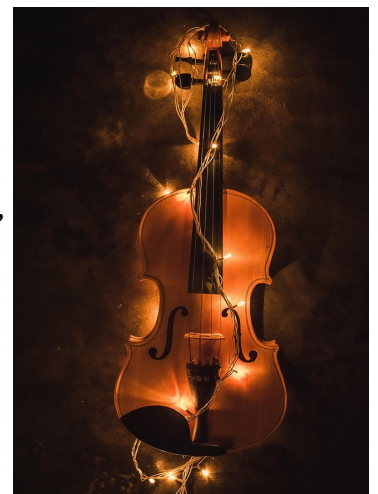
Please note that there are no refunds for unclaimed pizza or Subway. Parents – you can arrange to pick up your order the same day or transfer it to another student if you inform us by 11am on Tuesdays and Thursdays at colquitz@sd61.bc.ca or call 250-479-1678.

Here is the link to School Cash Online to make your order:

<https://sd61.schoolcashonline.com/>

Music

- Practice records are due Wednesday, October 2nd to Ms. Forster. Please make sure you sign your band students practice record!
- There is jazz band Tuesday morning at 7:40 am
- There is Band 7/8 combined on Thursday morning at 7:40 am.
- On Wednesday, October 2nd there will be morning band for grade 6 Trumpet, Trombone and Percussionists only. Please have students wait outside the blue band room doors to be let in.
- Please make sure your student has accepted their invitation to join their google classroom(s).



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

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 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/>

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. 7.

The door will be open at the front of the school to the right of the main entrance.

Contact CPAPA at: cpapainfo@gmail.com

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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IMMUNIZATION

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.



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.

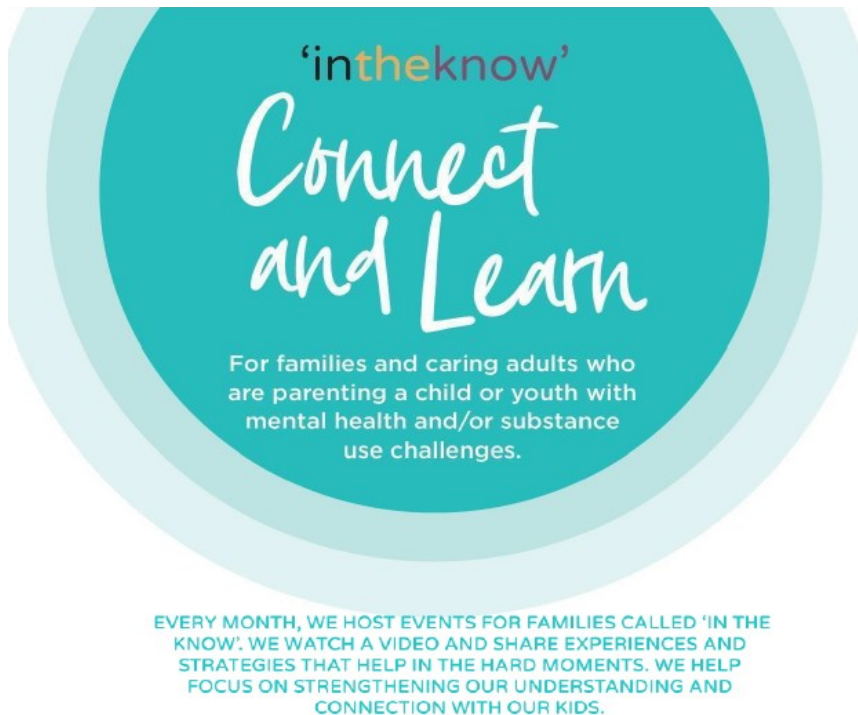
This video presentation will be followed by a facilitated discussion by a FamilySmart Parent Peer Support Worker

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.



'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.

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



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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

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 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 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