

next week at colquitz

friday, september 6, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

We have had an amazing start-up here at Colquitz. I have had a wonderful time connecting with staff and students, and the sunshine sure hasn't hurt! We are all looking forward to a great year of learning and fun together.

I was especially happy to finally receive our staff photo composite from last year! I think many people still thought Mr. Macintosh was principal... Ha.



Thank you to families who are supporting their students through the big feelings that can come with the transition back to school, especially those coming to Middle School for the first time. In our experience, students settle in within the first couple of weeks. If you find your child continues to struggle in some way after that, please reach out to their Advisory Teachers to collaborate on how we can support.

Thank you as well to families who have helped with improving the traffic situation at drop-off and pick-up times. Overall, it seems people are doing so further away from the school to help with congestion, as well as going around the block to change directions. The one main thing we continue to notice is people making U-Turns or three-point turns to go back to Interurban. I personally witnessed more than one close-call with both other cars and students. No matter how sure you think you are that the coast is clear, U-Turns are extremely unsafe in the rush and constant flow of traffic during drop off and pick up. PLEASE take the few extra seconds to drive around the block. This is about safety for all.

Lastly, this is to let everyone know that the Dylan Thomas carving, "The Salmon People", is now on display in the library window until it can be installed. Please come by and admire it!

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



next week at a glance

- Monday, Sept 9 • **CPCPA Meeting—6:30pm in Art Room**
- Tuesday, Sept 10 •
- Wednesday, Sept 11 •
- Thursday, Sept 12 •
- Friday, Sept 13 •

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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)
Monday, September 23	Pro_D Day—No School for students
Friday, September 27	Orange Shirt Day / National Day for Truth and Reconciliation - Observed; Assembly
Monday, September 30	National Day for Truth and Reconciliation—NO SCHOOL



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 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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CHOIR AND THEATRE UPDATE

Choir!

Grade 6 Choir will begin on Monday during block 2 (9:36-10:18am), with Grade 7 and 8 choir in their respective pullout blocks 3 and 4 on Monday as well.

All Choirs will begin their Early Morning sessions this week as well. Grade 6 Choir will meet at 7:40am on Tuesday Morning, and Grade 7/8 Choir will meet at 7:40 on Wednesday Morning (note this is a change from last year's schedule!)

All Choir students will be sent home with a registration form on Monday during their pullout class.



Theatre!

Fall Theatre begins auditions this week for Grade 7 and 8 students. Audition forms are available on the website for download, or in hard copy outside the drama room. Students may choose one lunch time audition, but may attend as many after school auditions they like. All after school auditions end at 4:30pm, but students may leave at any time if they need to.

All information about our fine arts classes can find the information at <https://colquitzfinearts.weebly.com/>

Colquitz Performing Arts Parents Association (CPAPA)

Colquitz Performing Arts Parents Association, CPAPA, is excited to welcome all parents of students involved in choir, theatre, strings and band to our first meeting of the year. **Join us in the art room at 6:30 to 7:30pm on Monday September 9th.** The door will be open at the front of the school to the right of the main entrance. We look forward to sharing with you how we can all support our kids in performing arts at Colquitz this year!

Spotlight on Learning

It was our Instrument Zoo today!

Our new Band teacher, Ms. Forster,

showed grade 6s the different instruments they can try in band classes and students tried out the different wind instrument mouth pieces. *It was a Hoot! :) See page 4 for more details on Band and Strings.*



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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

Sept 9-13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school					
Recess meeting			B-ball Night League meeting with Chris Synesael		
Lunch practice/meeting	X-country practice	X-country practice	Touch Rugby Practice	Soccer Practice	Touch rugby practice
After school practice	Soccer Practice 3pm-4pm	Ultimate practice		Ultimate Practice	
Competition					

So many sports to choose from at Colquitz! Beginning next 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 Crijenkovic ccrijenkovic@sd61.bc.ca or to the coach directly.**

Once we get organized with our sports in play next week, listen for information regarding basketball as there is a quick turnaround.

ULTIMATE FRISBEE

Ultimate Frisbee practices will be starting next week, and 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 after the September 12 coaches meeting. 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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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@vancouverisland.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://vancouverisland.ca/program-services/community-health/mental-wellness/>



NIGHT LEAGUE INFORMATION

Calling all Gianford and Colquitz Middle School basketball players! If you are looking for a fun and competitive playing environment in your neighbourhood then we want to hear from you.

For the 2024-25 Night League season we are looking to assemble U13* and U15* Night League Teams

*U13 Team - under the age of 13 on December 31st 2024
*U15 Team - under the age of 15 on December 31st 2024

LOGISTICS:

- COST \$300 per player
- COST INCLUDES
 - 1 practice per week (Sunday evening)
 - Reversible jersey and shorts, and warm up top for players to keep.
 - 1 Night League game per week.
 - Coaching by one of our coaching staff.

TO REGISTER OR ASK QUESTIONS CONTACT US:

REGISTRATION DEADLINE:

Saturday, September 7th

Chris Synesael
chris@westvillagechurch.com

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 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.

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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.

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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.

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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

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



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!