

next week at colquitz

friday, november 1, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

This is the week that all educators deserve a medal for: Teaching the day of AND after Hallowe'en! It is tons of fun, and the sugar rushes and crashes certainly make it interesting!

In addition to Hallowe'en festivities such as the Pumpkin Decorating and the Costume Parade, this week saw the grade 6 immunizations on Tuesday, and the Indigenous Student Lunch on Friday.

Next week we will have our Remembrance Day Ceremony on Friday, November 8th, which is also Indigenous Veterans Day. Families are welcome to join us if they wish. We will load the gym after lunch and start at approximately 1:00pm. Also be aware of the CPAPA parent meeting Monday the 4th, and immunization pick-ups for those who missed on Tuesday the 5th.

I'm sure everyone would much rather see photos of Hallowe'en costumes than me going on and on, so here you go! Have a wonderful weekend with your family and friends.

- Carrie Schlappner —Principal



next week at a glance

- | | |
|------------------|--|
| Monday, Nov 4 | <ul style="list-style-type: none">• Lockdown Drill @9.45 am• CPAPA Meeting @ 6:30pm in Art Room |
| Tuesday, Nov 5 | <ul style="list-style-type: none">• Grade 6 immunizations—pick ups |
| Wednesday, Nov 6 | <ul style="list-style-type: none">• |
| Thursday, Nov 7 | <ul style="list-style-type: none">• <i>International Inuit Day</i> |
| Friday, Nov 8 | <ul style="list-style-type: none">• <i>Indigenous Veterans Day</i>• Remembrance Day Assembly @1pm |

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upcoming important dates—*mark your calendars!*

Monday, November 11	Remembrance Day (NO SCHOOL)
Tuesday, November 19	PAC Meeting @ 6:30pm in Library
Wednesday, November 20	Transgender Day of Remembrance World Children's Day
Friday, November 22	Pro D Day (No school for students)
Monday, November 25	Fall play @ 9am CC Day (Early Dismissal @ 11.45 am)
Wednesday, November 28	Fall Play @ 7pm
Friday, November 29	Fall Play @ 1pm & 7 pm

Photos for Yearbook, please!

If you happen to attend events like games and have photos you can share with our yearbook team, please email them to:

colquitzyearbook@gmail.com



Exciting Sunday at the Hockey Game!

Ms. Goldman and Division 3 students, along with their families, had a fantastic time cheering on the Jr Victoria Cougars this past Sunday afternoon. The players were



thrilled to see and hear the enthusiastic support from our students. It was a day filled with lots of cheering and fun!

Stay tuned for more details about the upcoming Colquitz Family Hockey Night.

Information will be coming soon!

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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SPORTS @ COLQUITZ

Here is the schedule for Sports practices and games.

Please check in with your students around information from coaches.

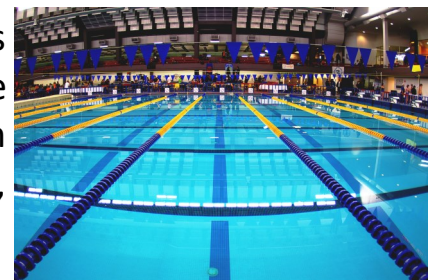
https://docs.google.com/document/d/1ii_RjwQmRWcUiQaguArHIQ6Mj882QdROC2rNWcV1Q5k/edit?usp=sharing

Nov 4-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school		Gr 6 boys basketball 7:30		Grade 7/8 Boys Comp. and Rec Practice 7am-8am	6/7 girls bball comp 7:30
Lunch practice	Gr 6 boys Practice	Girls 7/8 bball practice	Grade 7/8 Boys Comp. Practice	Girls 6/7 rec bball practice	Girls 7/8 bball practice
After school practice					Gr 6 boys comp practice 3-4
Competition	Boys 7/8 Comp @Colquitz	Girls 6 Comp @ Colquitz	Colquitz Boys 7/8 rec @SMus	Boys 6 comp @ CML	

A huge thank you to all coaches, staff and parents who helped to begin our sports season so successfully. Please email questions to Christine Crljenkovic at ccrljenkovic@sd61.bc.ca

School Swim Team

Colquitz Middle School is excited to offer a school swim team this year along with our partners at Pacific Coast Swimming for those in Grades 6-8. Swimmers must be able to swim 25m unassisted in order to participate. Practices are held at Commonwealth Pool, Fridays 3:15 - 4:00pm.



Season will run until our final meet on March 2, 2025.

Please contact Megan Steffens at msteffens@sd61.bc.ca for more information .

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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. **The weekly deadline to place Subway orders for the upcoming week is 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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MUSIC

- **Friday, November 8:** Band 7/8 Remembrance Day performance (in the afternoon) More information to come. Please make sure that uniforms still fit.
- **Wednesday, October 30th:** Uniform T-Shirt Orders are now overdue. Please get forms in to Mrs. Mackenzie ASAP.
- Music Discoveries registration is now open! More information on google classroom.
- Extra help/ time to practice available Tuesday and Wednesday lunch recess, Wednesday and Thursday nutrition break.
- Practice Records are due next on November 27th.
- November 4-10 is Week 9 of practice.



Tour information (Band/Strings/Choir 7/8 only) will be out ASAP. There will be a \$150 deposit due on November 20th, **More information coming soon.**

BAND SCHEDULE

- **Tuesday:** Jazz Band 7:40 am
- **Wednesday:** Band 6 **Woodwinds** (Flutes, Clarinets, Alto Sax and Tenor Sax) at 7:40 am
- **Thursday:** Band 7/8 **Combined** 7:40 am (Last combined rehearsal before Remembrance day)
- **Friday:** Band 7/8 plays the remembrance day assembly. More information will be shared early next week.



All other information about Fine Arts can be found at our website:
<https://www.colquitzfinearts.weebly.com/>

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 Nov 4, 2024.

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

Contact CPAPA at: cpapainfo@gmail.com

TICKETS FOR FALL PLAY

Tickets for our grade 7/8 Fall Play go on sale this weekend! ***Adventures of the Starship Neophyte*** is an exciting sci fi adventure story featuring 70 of our very enthusiastic theatre students. Shows are on Wednesday, Thursday, and Friday nights at 7:00pm in the Drama studio here at Colquitz November 27-29.

Here is the link for tickets to the Fall Play:

<https://cur8.com/19910/project/126850>

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The Salmon People Spirit Wear is back!

We are excited to be offering to the Colquitz community “The Salmon People” by Qwul’thilum (Dylan Thomas). Dylan is a Victoria-born Coast Salish artist from the Lyackson First Nation, who was commissioned by Colquitz PAC to create an art piece that reflected and celebrated our connection to our lands, and more specifically, the Colquitz River. The result is a spectacular circular cedar carving in the style of a spindle whorl, depicting the important interconnection between salmon and humans. We were able to celebrate the official unveiling of The Salmon People last May with a ceremony at the school. Dylan has given permission for us to use the image of The Salmon People on our spirit wear moving forward. Any proceeds from the sales of this spirit wear will go towards supporting Indigenous focused learning at Colquitz. Thank you for your support.



Purchases are available through School Cash Online via the link below.

Purchases are available through School Cash Online via the link below.

Ordering Closes at 11:59pm on Sunday, Nov.17th.

T-shirts: \$20

<https://sd61.schoolcashonline.com/Fee/Details/60403/140/False/True>

Crewneck: \$30

<https://sd61.schoolcashonline.com/Fee/Details/60405/140/False/True>

Hoodies: \$40

<https://sd61.schoolcashonline.com/Fee/Details/60401/140/False/True>

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PAC-Organized Parent Education Event: Re-envisioning the School Police Liaison Program

Panelists:

Vic PD Chief Del Manak

Dr. Lisa Gunderson

Mobile Youth Service Team Members -

Mia Golden & Gord Magee

SD 61 Asst. Superintendent Sean Powell

SPLO Parent Advocate Lori Poppe



Join us for a moderated panel discussion on how the police liaison program could be adapted to meet the needs of students and safety ... followed by a parent-led QA.

SPECTRUM THEATRE - 957 BURNSIDE
NOVEMBER 20 2024
6-8PM



Free admission with sign-up ---- seating limited:

<https://www.eventbrite.ca/e/re-envisioning-the-school-police-liaison-program-a-panel-discussion-tickets-1069920343549>



Joint Event Organized by Spectrum and Colquitz PACs



Host an International Student

LOOKING
FOR HOST
FAMILIES
FOR MIDDLE
SCHOOL
STUDENTS
FROM

Brazil

JAN. 6 - Feb. 28



For more information on this group or other short term hosting opportunities, please contact us:

2 5 0 - 5 9 2 - 6 8 7 1

homestay@sd61.bc.ca

\$1260 per month provided for student support

VICTORIA



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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.ca/program-services/community-health/mental-wellness/>

Saanich
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.SMITH2@SAANICH.CA

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
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.
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

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Parents Circle in Mandarin



A safe and judgement-free space to share your experiences and learn from each other as an immigrant parent in Canada.

Time and Dates:

Monthly on Thursdays
5:00pm - 6:30pm
October 31, November 21, December 19

Location:

ICA, Room 517 - 5th Floor / Victoria High School
102 - 808 Douglas Street / 1260 Grant Street

Eligibility

Participants must have Permanent Resident status

To register or for more information, please contact:

Ming Zhang
mzhang@icavictoria.org
(250) 388-4728 ext. 2267

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



Inter-Cultural Association of Greater Victoria



父母分享会



这是一个安全的，包容的空间，作为一名移民加拿大的父母，你可以在这里分享你的经验并且互相学习。

时间和地点:

每个月的一个周四
晚上5:00pm - 6:30pm
十月31, 十一月21, 十二月19

地点:

十月31 十一月21, 十二月19
ICA, Room 517 - 5th Floor / Victoria High School
102 - 808 Douglas Street / 1260 Grant Street

参与资格:

拥有永久居住身份 (PR卡)

注册和咨询, 请联系:

Ming Zhang
mzhang@icavictoria.org
微信: mzhangica

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



Inter-Cultural Association of Greater Victoria



Parents Circle in Arabic



A safe and judgement-free space to share your experiences and learn from each other as an immigrant parent in Canada.

Time and Dates:

Monthly on Thursdays
October 17, November 14, December 12
11:30am - 1:00pm

Location:

ICA, (808 Douglas Street, Victoria)
Room 517, 5th Floor

Eligibility

Participants must have Permanent Resident status

To register or for more information, please contact:

Asmaa El-Fiky Reham Kalouti
aelfiky@icavictoria.org rkalouti@icavictoria.org
Whatsapp: 250-886-7709 Whatsapp: 250-893-3809

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



Inter-Cultural Association of Greater Victoria



حلقة أولياء الأمور باللغة العربية



مساحة آمنة وخالية من الأحكام لمشاركة تجاربك والتعلم من بعضكم البعض كوالد مهاجر في كندا.

الأوقات والتواريخ:

شهريا في أيام الخميس
11:30 صباحًا - 1:00 ظهرا
17 أكتوبر، 14 نوفمبر، 12 ديسمبر

موقع:

ICA (808 شارع دوغلاس)
غرفة 517 الطابق الخامس

الأهلية

يجب أن يتمتع المشاركون بوضع الإقامة الدائمة

للتسجيل أو لمزيد من المعلومات، يرجى الاتصال:

أسماء الفكي ريهام الكالوتي
aelfiky@icavictoria.org rkalouti@icavictoria.org
(250) 886-7709 (250) 893-3809

Funded by:

Financé par :



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Inter-Cultural Association of Greater Victoria



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Батьківське Коло збори батьків учнів з України



Приходьте поставити запитання і поділитися досвідом у дружній атмосфері довіри та відкритості, без осуду і непрошених порад

Зустрічі відбуватимуться
22 жовтня, 19 листопада, 17 грудня
по вівторкам, з 17 до 18.30 вечора

Адреса та місце проведення
Офіс ICA (808 Douglas Street)
5 поверх, 517 кімната

Умови участі
Наявність Permanent Residence
або Visa CUAET

Для реєстрації та із запитаннями
звертайтеся, будь-ласка, до SWIS
Наталії Бондаренко
Електронна пошта: nbondarenko@icavictoria.org
Телефон / WhatsApp: 250-886-0045

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada



Inter-Cultural
Association
of Greater Victoria



Parents Circle in Ukrainian



A safe and judgement-free space to share your experiences and learn from each other as an immigrant parent in Canada.

Time and Dates
Monthly on Tuesdays
October 22, November 19, December 17,
5:00pm - 6:30pm

Location
ICA (808 Douglas Street, Victoria)
Boardroom 517, 5th Floor

Eligibility

Participants must:

- Have one of the following immigration statuses
 - Permanent Resident
 - Temporary Resident (CUAET)

To register or for more information, please contact

SWIS, Natalia Bondarenko
Email: nbondarenko@icavictoria.org
Phone/Whatsapp: (250) 886-0045

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada



Inter-Cultural
Association
of Greater Victoria



Saanich

PARKS, RECREATION
& COMMUNITY SERVICES



PEARKES 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

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

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Connect and Learn

Obsessive Compulsive Disorder It's More Than Overwashing Your Hands

Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Join us to watch this video featuring **Dr. Katherine McKenney, R. Psychiatrist** and **Kelsey, a young adult who lives with OCD**. Together they discuss ways to strengthen our understanding and support our kids living with OCD.

Dates & Times:

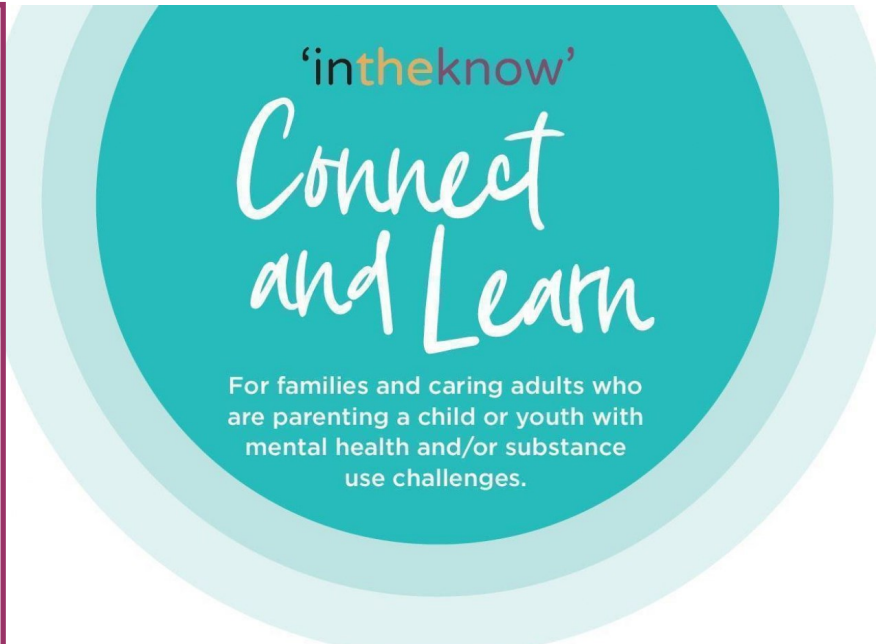
Wed. Nov. 6th, 6:30pm - 8:00 pm

Wed. Nov. 13th, 12:00 pm - 1:30 pm

Thurs. Nov. 28th, 6:30pm - 8:00 pm

Register: <https://familysmart.ca/monthly-events/>

Watch now: https://youtu.be/b8mGZ-LqPGs?si=ly_EGDVvj0trm4kt



Supporting Safety at Home When Your Child Has a Mental Health Crisis

When our child or youth has had a mental health crisis, knowing how to keep them safe can be overwhelming. Our concerns can include suicidal thoughts, self-harming and aggression. Listen to this discussion about some ways that can help us talk to our kids about their safety at home.

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, November 7th, 6:30pm-8:00pm (PST)
Tuesday, November 26th, 6:30pm-8:00pm (PST)

Registration required:
www.familysmart.ca/events



Supporting Safety at Home When Your Child Has a Mental Health Crisis:

Dates & Times:

Thurs. Nov. 7th, 6:30 pm - 8:00 pm

Tues. Nov. 26th, 6:30 pm - 8:00 pm

Register: <https://familysmart.ca/monthly-events/>

Watch now: https://youtu.be/bfej3x7UFTQ?si=Y0Y_uCUZ_F5uw46

If you would like to know more about what else we offer or if you would like to speak to a Family Peer Support Worker click here to book a time: <https://lisa-tate.youcanbook.me/>