

# next week at colquitz

friday, november 15, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

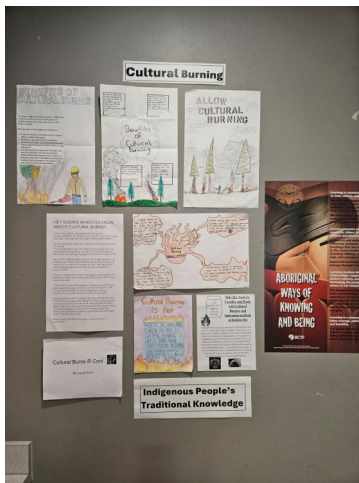
It was another great week at Colquitz!  
Please note that next week will be another short one, with a Pro-D day on Friday. There's a PAC Meeting Tuesday night, and "Silly Hat Day" on Thursday, November 21st.



Some exciting news: Ms. Schuring's class, Division 17, won \$500 towards a fieldtrip of their choice from FireSmart BC for their learning about Cultural Burning. And division 16 & 17 tested their toy ziplines off of the Tillicum Mall Parkade to culminate their Pythagorean Theorem unit. I just love to see learning like this in action!

Have a wonderful long weekend with your family and friends.

- Carrie Schlappner —Principal



## next week at a glance

- Monday, Nov 18 •
- Tuesday, Nov 19 • PAC Meeting @ 6:30pm in Library
- Wednesday, Nov 20 • *Transgender Day of Remembrance*  
• *World Children's Day*
- Thursday, Nov 21 • Silly Hat Day
- Friday, Nov 22 • **Pro D Day (No school for students)**

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

Monday, November 25	Fall play @ 9am CC Day (Early Dismissal @ 11:45 am)
Wednesday, November 28	Fall Play @ 1pm & 7pm
Friday, November 29	Fall Play @ 1pm & 7 pm
Tuesday, December 3	<i>International Day for Persons with Disabilities</i>
Friday, December 6	<i>National Day of Remembrance &amp; Action on Violence Against Women</i>
Monday, December 9	CPAPA Meeting @ 6.30pm
Tuesday, December 10	<i>Human Rights Day</i>

## The Salmon People Spirit Wear is back!

We are thrilled to present “The Salmon People” by Qwul’thilum (Dylan Thomas), a stunning cedar carving commissioned to celebrate our connection to the Colquitz River. Proceeds from spirit wear featuring this artwork will support Indigenous-focused learning at Colquitz. Thank you for your support! Purchases are available through School Cash Online via the link below.

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

T-shirts: \$20

Crewneck: \$30

Hoodies: \$40

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



*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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## 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)

Nov 18-21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school		Gr 6 boys basketball 7:30			PRO-D
Lunch practice	Volleyball Camp meeting with Ben Robillard-all students in gym 12:15	Girls 7/8 bball practice	Grade 7/8 Boys Comp. Practice	Girls 6/7 rec bball practice	
After school practice				** (if no home game) 7/8 boys Rec and Comp practice 310-4:30ish	
Competition	-7/8 Boys Comp @ Colquitz -7/8 Boys Rec @ Spencer	-6/7 Comp Girls @ Colquitz -6/7 girls Rec @ St. Pat's	-Boys 7/8 Comp @Dunsmuir -Girls 7/8 @ Lansdowne	Gr 6 boys Comp Quarter Finals TBD	

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](mailto:ccrljenkovic@sd61.bc.ca)

### 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

250-592-6871 or [homestay@sd61.bc.ca](mailto:homestay@sd61.bc.ca)

**\$1260 per month provided for student support.**



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## Colquitz Family Hockey Night is here!

I'm excited to invite all students, staff, and their families to cheer on the Jr. Victoria Cougars on Thursday, November 21. Please note this is a family event, so all students need to come with an adult for safety. Admission is free for all Colquitz families. Information sheets were sent home with more details. Go Cougars!

Where: Arching Browing Skating Rink (Esquimalt)


When: Thursday, November 21, 2024

Time: 6:30 pm warm-up; 7:00 pm puck drop

Please email me at [mgoldman@sd61.bc.ca](mailto:mgoldman@sd61.bc.ca) if you have questions.



**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

**REGISTER HERE** ✨

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.

[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

**REGISTER HERE** ✨

Bring your friends and hang out on a Fridays at the Flipside. Enjoy pizza, themed skates & a movie in our awesome youth centre.

[Tyler.smith2@saanich.ca](mailto:Tyler.smith2@saanich.ca)   [saanich.ca/youth](http://saanich.ca/youth)   250 475 5462

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## SUBWAY AND PIZZA LUNCHES

### Tuesdays - Subway



We are pleased to offer Subway as a lunch option to order on Tuesdays

### 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.

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.*

**The weekly deadline to place orders for Subway and Pizza for the upcoming week is Monday at noon**

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

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

## PAC ORGANIZED EVENT

The Colquitz PAC together with the Spectrum PAC are hosting a parent education event on November 20, 2024. The purpose of this event is for parents and caregivers to be able to hear directly from the people who work with our students and families in the absence of the police liaison program.

The event is free but we ask that you reserve your spot using the link below. The event will be held at the Spectrum theatre.

<https://www.eventbrite.ca/e/re-envisioning-school-safety-a-panel-discussion-tickets-1069920343549>

### Re-Envisioning School Safety a PAC-organized parent education event

#### Panelists:

Vic PD Chief Del Manak

Dr. Lisa Gunderson

Mobile Youth Service Team Members

- Mia Golden & Gord Magee

SPLO Parent Advocate Lori Poppe



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

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



Admission free with sign-up: <https://www.eventbrite.ca/e/re-envisioning-school-safety-a-panel-discussion-tickets-1069920343549>

Joint event with Spectrum and Colquitz PACs

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## MUSIC

- Term 1 Check-ins are due this week on Thursday, November 21st. Students may play in class, sign up for an individual time slot to play for Ms. Forster, or record themselves playing and submit. Sign-up will be up Tuesday morning before nut break.
- Band 7/8: Tour forms and first payment are due this Wednesday, November 20th. The \$157 deposit is payable online, via cheque to Colquitz Middle School, or cash in a labeled envelope.
- Purdy's chocolate orders are due November 27th, This is an online fundraiser!
- Practice records are due November 27th.



## BAND SCHEDULE

- **Tuesday:** Jazz Band 7:40 am
- **Wednesday:** Band 6 **Woodwinds** (Flute, Clarinet, Alto and Tenor Saxophones) at 7:40 am
- **Thursday:** Band 7/8 **Combined** 7:40 am

Pullouts will run as usual. If students do not have their instruments, they should still come to class.

Grade 6 students who have signed up for band are asked to remain until the December 18th concert has concluded

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



## DESPERATELY SEEKING BACKSTAGE HELP FOR THE FALL PLAY!

With just under 70 students in the show, we desperately need a few more parents to help out backstage with everything from simple hair and makeup to shushing! Please help if you can, even an hour or two would really appreciated!



Here's the link to sign up: <https://www.signupgenius.com/go/20F0B4BABAC2CABFE3-53268569-adventures>

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## Senior Music Tour Fundraiser

Purdys allows us to create individual student accounts, in which the profits raised by each student are deposited into a personalized account. These funds can be used towards the Senior Music Tour, or banked for a sibling's future tour. Due to Greater Victoria School District rules, should the tour not take place, funds raised will not be reimbursed; they will go to future students in need, or CPAPA student-benefited purchases. Profit on all sales is 25%!



### Instructions for Parents of Music Students

#### Create an account for your student:

- Go to <https://fundraising.purdys.com/2018724-123298>
- Click on JOIN A CAMPAIGN
- Login as a new member (or sign in as a returning customer if you ordered previously)
- Enter 30524 (this is the Colquitz Customer Number)
- Use your CHILD'S NAME as the account name to ensure the money they raise goes to them.

### To Order Chocolates

- To purchase chocolates under your student's account, click on the SHOP ONLINE tab at the top of the page  
**To Share your Child's Account with Others (top left corner of your student's account)**
- You MUST invite others through the Purdys website for their orders to contribute to your child's account.
- Copy the link using the icon on the Purdys website and paste it in an email or text; or
- Press the Facebook or Twitter icons to share on social media
- The new customer will join the campaign and sign up the same way, but their order will be nested under your child's order, so we'll know who to attribute the sale to.
- Please DO NOT return order forms to the school. Payments and orders are made online only.  
**\*\*\*Parents will be responsible for picking up and distribution of their own child's orders**

#### Deadline for orders: Wednesday, November 27th

Order pickup: TBD please check the newsletter for updated pickup location and time (In the process of being finalized)

If you have any questions please contact Rachel at [raemc@rogers.com](mailto:raemc@rogers.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 Monday Dec. 2.**

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

**Contact CPAPA at: [cpapainfo@gmail.com](mailto:cpapainfo@gmail.com)**

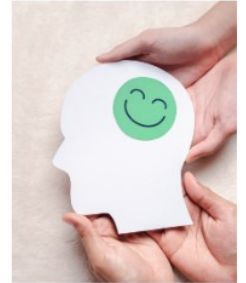
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## Nov/Dec 2024 Snapshots

The Nov/Dec snapshots focus on **connection to family and community**. Helping your child find a positive community both within the family and in the wider network of relatives, sports, clubs, or cultural groups can be invaluable for their mental health. Engaging in community-centered activities provides a sense of belonging and helps reduce feelings of loneliness or anxiety. Supported by others who respect and share their values, children are better equipped to manage challenges and more inclined to make healthy choices.

### Family Ties and Community Bonds



## PROGRAMS OFFERED BY BC SOCIETY

The **BC Schizophrenia Society** is offering a free 2 day program called **Teens In Control**. This workshop is for youth ages 13 – 18 years old who have a family member or friend with a mental illness or substance use disorder. Each session gives youth the opportunity to connect with peers who share similar experiences while learning about mental illness, self-care techniques, and skills for communicating with a loved one with mental illness.

Poster: [https://www.canva.com/design/DAGUOy9F8Ps/W6SLUVfuS1pBk8E4kD5EmQ/edit?utm\\_content=DAGUOy9F8Ps&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAGUOy9F8Ps/W6SLUVfuS1pBk8E4kD5EmQ/edit?utm_content=DAGUOy9F8Ps&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

**Dates and Times:** Thursday, November 21 & 2024 Thursday, November 28, 2024, 4:00 pm - 5:30 pm

**Location:** Esquimalt Neighborhood House Society

**RVSP:** Mary Beth Hall: [manager@bcssyouth.org](mailto:manager@bcssyouth.org) | 236-335-0917

The **Borderline Personality Disorder Society of BC** is offering a new Multi-Family **DBT Skills Training Group** starting in January 2025 in Victoria, BC for adolescents aged 13-17 years old and their caregivers.

**What:** 26-week Multi-Family DBT Skills Training Group

**When:** January - July 2025

**Where:** In-person in Victoria, BC (Location TBD)

**Who:** Adolescents aged 13-17 who live in the CRD, with the strongly recommended option for two caregivers to attend. Participants must meet some eligibility criteria.

**Cost:** Free

If you would like more information about the intake process, please visit:

[www.bpdbc.ca/dbt](http://www.bpdbc.ca/dbt)

The screening form for clients is now open until November 15, 2024, or until full.

04

DECEMBER  
6PM-8:30PM

SD61  
THE GREATER VICTORIA SCHOOL DISTRICT  
LOCATION: 556 BOLESKINE RD, VICTORIA BC

## PARENTS AS CAREER INFLUENCERS

Pathways & Partnerships



Click here to register.  
Space is limited.



Bonnie Alexander



Lindsay Johnson

Learn how you can support your student on their future career journey.

This interactive workshop is being hosted by Lindsay Johnson, Principal of SD61 Student Services and Bonnie Alexander, SD61 District Career Education Coordinator

Questions? Contact Bonnie Alexander, [baalexander@sd61.bc.ca](mailto:baalexander@sd61.bc.ca)

### Looking for a Family Doctor

Register for a Family Doctor or NursePractitioner:

<https://www.healthlinkbc.ca/health-connect-registry>

#### Online Doctors:

- **Rocket Doctor:** <https://rocketdoctor.ca/#home-works>
- **Tia Health:** <https://tiahealth.com/>
- **Well Health -VirtualClinics+:** <https://virtualclinics.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](https://youtu.be/b8mGZ-LqPGs?si=ly_EGDVvj0trm4kt)

**'in the know'**  
**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.

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

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

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

FamilySmart  
Together-Centred

here to help  
EDUCATION EVENTS

THE FIRST COLUMBIA  
LIVING WITH PURPOSE

### 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](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/>