

next week at colquitz

friday, november 22, 2024

THIS WEEK'S REFLECTIONS

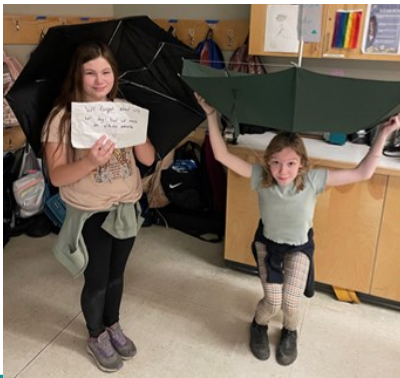
Hello Colquitz Families,

We're relieved the school is still standing after that windstorm! We hope no one had to deal with power out for too long.

I had a "restored my faith in humanity" moment on Wednesday morning when I went to pick up the bread that Cloverdale Thrifty's donates for our toast program each week. I arrived at my usual time of 7am to find the store completely dark. It was clear their power was out and they were not open. I was about to drive away, but decided instead to try to connect with them about another time to come by. A Thrifty's employee opened the door and gestured to a grocery cart full of our bread. They got it ready for me in the dark! We are so fortunate to have generous community members like them to help support our students having breakfast every day. A BIG thank you to them!

Other great moments this week include our Lifeskills class on Wednesday where they made gingerbread houses, and today was Silly Hat Day! Enjoy the photos.

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



next week at a glance

Monday, Nov 25

- Fall play @ 9am
- **CC Day (Early Dismissal @ 11:45 am)**

Tuesday, Nov 26

•

Wednesday, Nov 27

- Fall Play @ 1pm & 7pm

Thursday, Nov 28

- Fall Play @ 7pm

Friday, Nov 29

- Fall Play @ 1pm & 7 pm

next week at colquitz

friday, november 22, 2024

upcoming important dates—*mark your calendars!*

Tuesday, December 3	International Day for Persons with Disabilities
Friday, December 6	National Day of Remembrance & Action on Violence Against Women
Monday, December 9	CPAPA Meeting @ 6.30pm
Tuesday, December 10	Human Rights Day
Thursday, December 12	Cram the Cruiser
Wednesday, December 18	Winter Concert @ 7pm
Friday, December 20	Last Day of School before Winter Break (until January 5th) Learning Updates go home digitally through - Parent Connect

Yearbooks are on sale now!

Yearbooks cost \$25.

To order your child a copy of the yearbook, please go to ybpay.ca and use the order ID **13717625**.

Deadline to order yearbook is May 20th, 2025



Yearbooks include:

- 64 colour pages of individual photos, class photos, clubs, teams and fun memories from throughout the year.
- Sturdy soft cover featuring a custom design from a Colquitz student.
- Zoom insert that features current events and world news from the past year.

If you have any questions please contact Megan Schuring at mschuring@sd61.bc.ca

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.

Reporting

Absences



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

next week at colquitz

friday, november 22, 2024



NOW TAKING DONATIONS!
NON-PERISHABLE ITEMS
NEW TOYS
GIFT CARDS

11TH ANNUAL FOOD DRIVE

Cram THE CRUISER

THURSDAY
DECEMBER 12, 2024

DROP OFF AT
505 DUMERESQ ST



IN PARTNERSHIP WITH:
SAANICH POLICE
BURNSIDE GORGE COMMUNITY ASSOCIATION
COLQUITZ MIDDLE SCHOOL



next week at colquitz

friday, november 22, 2024

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 25-29	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school		Boys 6 b-ball practice 7:30		7 th girls volleyball meeting 7:30 with coaches	Girls 6/7 b-ball practice 7:30 (depending on playoff results)
Lunch practice	Boys 7 th practice	Boys 7 th practice	Boys 7 th practice	Girls 6/7 fun game (comp vs rec)	
After school practice					
Competition	-Boys 7 th comp playoffs at Cedar Hill 4:45	-Girls 6/7 comp playoffs @Colquitz	-Boy's 7 th comp possible play off	-Boys 6 comp consolation playoff game @Colquitz -Possible playoff game for girls 6/7	Boys 6 b-ball practice 3:00

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



next week at colquitz

friday, november 22, 2024

MUSIC

- Term Check ins are now **overdue**. Please make sure your band student completes this over the weekend, before cc day (Monday, November 25th is CC day) to avoid staying for band. CC Day emails went out thursday.
- Tour information (Band/Strings/Choir 7/8 Only). The \$157 deposit and form reserving your student's spot are now overdue, please get this in ASAP. The cost of the trip has been reduced (see band next week for more details). It is payable online, via cheque to Colquitz Middle School or Cash in a labelled envelope. (Online or cheque preferred)
- Purdy's fundraiser due this Wednesday, November 27th (all online)



BAND SCHEDULE

- **Tuesday:** Jazz Band 7:40 am
- **Wednesday:** Band 6 **Brass and Percussion** (Trumpets, Trombones, and Percussion) at 7:40 am
- **Thursday:** Band 7/8 **Combined** 7:40 am
- Next week, (December 4th) combined band 6 rehearsals will begin weekly. All band 6 students in both pods will begin to be here every Wednesday morning!

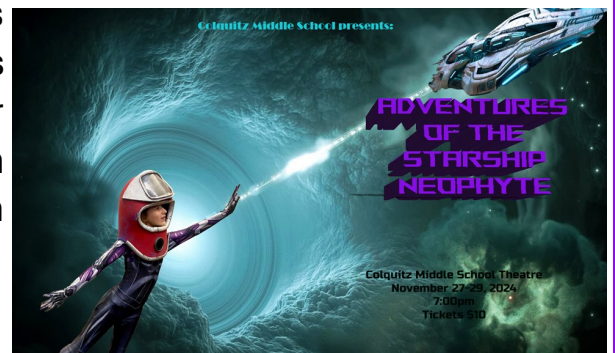
All other information about Fine Arts can be found at our website: <https://www.colquitzfinearts.weebly.com/>

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>

next week at colquitz

friday, november 22, 2024

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

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

next week at colquitz

friday, november 22, 2024



Colquitz Family Hockey Night

A heartfelt thank you from the Jr. Victoria Cougars to all the Colquitz students, staff, and families who came out to cheer us on at the game on November 21! It was amazing to see everyone having such a great time. We can't wait to see you at the next Colquitz Family Hockey Game in February!

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



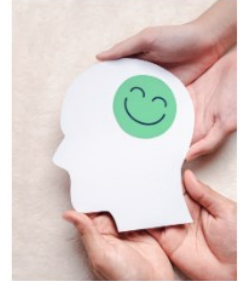
\$1260 per month provided for student support.

next week at colquitz

friday, november 22, 2024

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?](https://www.canva.com/design/DAGUOy9F8Ps/W6SLUVfuS1pBk8E4kD5EmQ/edit?utm_content=DAGUOy9F8Ps&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

[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 | 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

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

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/>

next week at colquitz

friday, november 22, 2024

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 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/>


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


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

next week at colquitz

friday, november 22, 2024

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

'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

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 TEST
COLUMBIA
LIVING WITH CHALLENGES

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/>