

# next week at colquitz

friday, november 8, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

In keeping with the usual hustle and bustle of middle school this week, we had a lockdown drill on Monday, and immunization catch-ups on Tuesday. We ended the week today with Indigenous Veterans Day and our Remembrance Day Assembly. Please enjoy these photos of the ceremony.

Have a wonderful long weekend with your family and friends.

- Carrie Schlappner —Principal



## next week at a glance

- Monday, Nov 11 • **Remembrance Day (NO SCHOOL)**
- Tuesday, Nov 12 •
- Wednesday, Nov 13 •
- Thursday, Nov 14 •
- Friday, Nov 15 •

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

Tuesday, November 19	PAC Meeting @ 6:30pm in Library
Wednesday, November 20	Transgender Day of Remembrance World Children's Day
Friday, November 22	<b>Pro D Day (No school for students)</b>
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	International Day for Persons with Disabilities

## 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](mailto:colquitzyearbook@gmail.com)



## LEAD THE CHANGE



We are thrilled to announce that the Lead the Change club collected over 230 non-perishable food items on Halloween for their "We Scare Hunger" campaign!

A heartfelt thank you to the Colquitz community for their generous donations. These items will be donated to Burnside Gorge, continuing our tradition of supporting "Cram the Cruiser".

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 12-15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	REMEMBRANCE DAY	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		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		-6/7 Comp Girls @ Colquitz -6/7 Rec girls @ John Stubbs	-7/8 Girls Rec game @Coquitz -Boys 7/8 Comp @Bayside	Gr 6 boys Comp @PCS	

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)

## 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](mailto: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](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.schoolcashionline.com/>

*Any proceeds from sales will go to fundraising for a variety of student and staff activities and resources.*

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## MUSIC

- Term Check in's due November 21st (See attached and on google classroom)
- Tour information (Band/Strings/Choir 7/8 Only) has been sent home and attached here. The \$157 deposit and form reserving your student's spot is due on November 20th. It is payable online, via cheque to Colquitz Middle School or Cash in a labelled envelope. (Online or cheque preferred)
- Purdy's fundraiser has begun due Wednesday, November 27th
- Practice Records are due next on Wednesday, November 27th.
- Extra help/ time to practice available Tuesday and Wednesday lunch recess, Wednesday and Thursday nutrition break.



## 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
- 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.

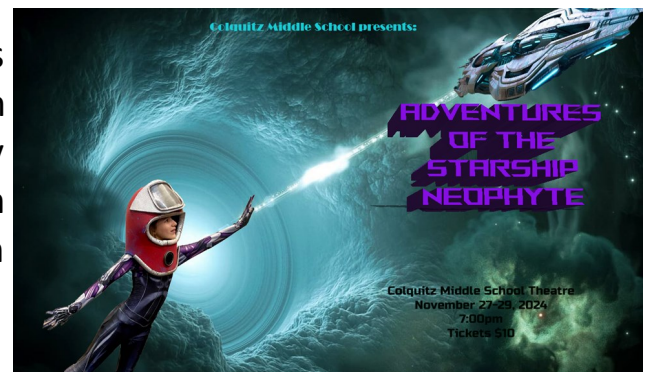
All other information about Fine Arts can be found at our website: <https://www.colquitzfinearts.weebly.com/>

## 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>



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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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## 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 inter-connection 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.

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

**T-shirts: \$20**

**Crewneck: \$30**

**Hoodies: \$40**



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

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## Parent Teens Group

⇒ **New Session starting soon - Boys & Girls Club - (BGC) Parents Together Program (13-19yrs)** Sometimes parenting challenges can feel overwhelming. This program for parents of teens provides ongoing support. A manual and materials are provided to participants. Parents may stay in the group as long as they feel they need support and help in their daily parenting. Guest speakers may be invited for specific topics.

### Topics include:

- Attachment and relationship-based practices
- Communication and 6 critical messages
- Developmental changes in pre-adolescence
- Adolescent brain development
- Boundaries, and turning over responsibility as appropriate
- Self-care – taking back your life
- Adolescent mental health
- Substance use and teens

**Date: Tuesdays, Ongoing & Online - Daytime 12-1:30PM or \*\*\* In Person- Evening 6:30-8PM**

**Cost: Free Register:** <https://bgcsvi.org/programs/parenting/>

⇒ **Anxiety Program for Teens - Y Mind Groups:** free weekly psychoeducational support groups for teens (13-18) and Youth (18-30) who are experiencing stress, worries and anxiety.

### Program Highlights and Learning:

- Healthy coping skills through mindfulness
- Self-Compassion
- How to navigate their anxiety
- ACT (Acceptance and Commitment Therapy) <https://www.psychologytoday.com/ca/therapy-types/acceptance-and-commitment-therapy>
- Connection with other young people

⇒ **Online registration for information/intake sessions is available here:** [YWCA-YWCA of Vancouver Island Online Services \(activecommunities.com\)](https://www.ywca.org/vancouver-island/online-services)

**For more information:** <https://vancouverislandy.com/program-services/community-health/mental-wellness/>

**Peer Support** - We can meet parents and caregivers by video chat, phone or email as many times as you would like. We can listen, to better understand what might help, and to offer resources and information in our community that will support what your family needs now. Our services are free, and there is no waitlist.

If you would like more information or to set up a time to chat, please let me know. Here is a link to my calendar to book a time. <https://lisa-tate.youcanbook.me/>



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## 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



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

**LOOKING  
FOR HOST  
FAMILIES  
FOR MIDDLE  
SCHOOL  
STUDENTS  
FROM**

*Brazil*

**JAN. 6 - Feb. 28**



**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 25<sup>th</sup> and Oct 2<sup>nd</sup>

For more information please contact:  
[mindfulness@vancouverislandy.ca](mailto: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**  
**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.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  
**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 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 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:



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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:



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Inter-Cultural Association of Greater Victoria



## حلقة أولياء الأمور باللغة العربية



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

### الأوقات والتواريخ:

شهريا في أيام الخميس  
11:30 صباحًا - 1:00 ظهرًا  
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

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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](mailto:nbondarenko@icavictoria.org)  
Телефон / WhatsApp: 250-886-0045

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et Citoyenneté Canada



Inter-Cultural  
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## 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](mailto:nbondarenko@icavictoria.org)  
Phone/WhatsApp: (250) 886-0045

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et Citoyenneté Canada



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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](mailto:Tyler.smith2@saanich.ca)

[saanich.ca/youth](http://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](http://WWW.SAANICH.CA)

250 475 5462

[TYLER.SMITH@SAANICH.CA](mailto: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:

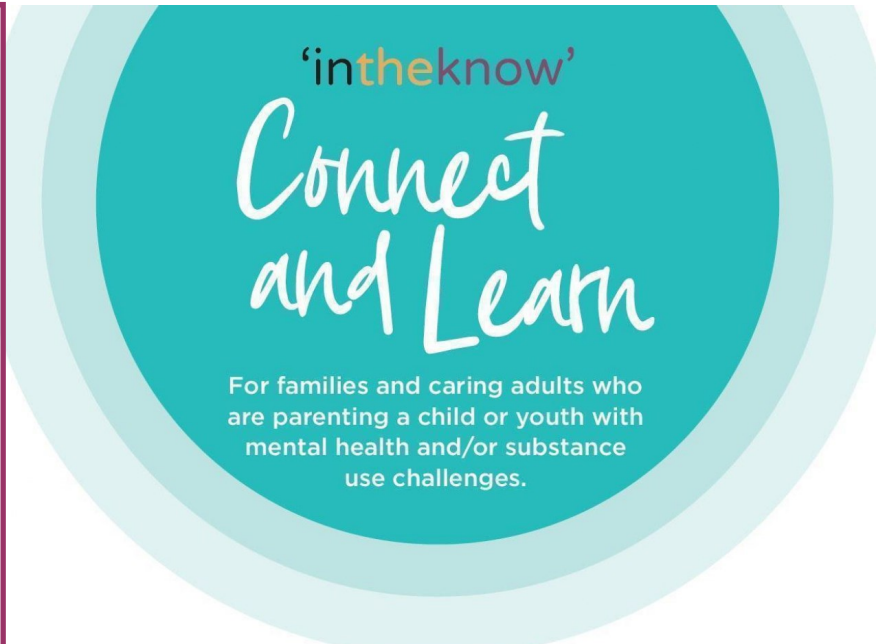
Wed. Nov. 6th, 6:30pm - 8:00 pm

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](https://youtu.be/b8mGZ-LqPGs?si=ly_EGDVvj0trm4kt)



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

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](http://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](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/>