

next week at colquitz

friday, january 24, 2024

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was a quieter week after the frenzy of our Undercover Spirit Week last week. The highlight of this week for students, we're sure, will be having Friday off. For staff, we will be deep in learning mode. Professional Development Days are not just a day without kids—they are an important part of our staying abreast of current research and best practices to bring into our school and classrooms. Most of us will be at Central Middle School learning alongside colleagues from our 10 middle schools from across the district.

To give you an idea of what our day will look like, staff will be learning about everything from the Indigenous Spirit of Alliances Support and Wellness Framework, to Artificial Intelligence, to Social-Emotional Learning and Mental Health, to Play-based learning, to Courageous Compassion (with our wonderful parent presenter, Lisa Baylis :)), to Career Education, to Understanding Cognitive Load, to Assessing using Digital Portfolios, to Land-based learning, to Financial Literacy.... And much, much more.

If the above breadth of topics don't give you an idea of the complexities and challenges educators embrace in their jobs every day, I'm not sure what will! I feel blessed to work with colleagues who care so much about their calling and who put so much time and effort into improving themselves and their practice for the betterment of their students.

Have a wonderful weekend with your family and friends,
Carrie Schlappner
- Principal



next week at a glance

- Monday, Jan 27 •
- Tuesday, Jan 28 •
- Wednesday, Jan 29 • *Chinese/ Lunar New Year*
- Thursday, Jan 30 • Indigenous Drumming @ 8:20 in foyer—no experience necessary—everyone welcome :)
- Friday, Jan 31 • *Grade 8's—Deadline for programs of choice and career program applications*

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upcoming important dates—*mark your calendars!*

Monday, February 3	CPAPA Meeting @ 6.30pm
Wednesday, February 5	Theatre Pull-out starts
February 10 – 13, 2025	Kindergarten to Grade 12 Student Transfer Process
Friday, February 14	Pro D Day (No School today) <i>Palentine's Day</i>
Monday, February 17	Family Day (No School today)
Tuesday, February 18	PAC Meeting @ 6.30pm
Friday, February 21	CC Day (early Dismissal @ 11.45 am)

BCSPCA

Did you know that the BCSPCA helped find homes for more than 10,000 animals last year? **Until January 30th, Community Action is collecting clean, used towels, sheets and blankets to donate to animals at the Victoria SPCA.** Please drop your donations off into the box in front of the office by January 30th.

The animals thank you for your support!

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**.

If you have some pictures for the yearbook please send it to:
colquitzyearbook@gmail.com

Deadline to order yearbook is
May 20th, 2025

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

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

Jan 27-31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls 6 rec volleyball practice 7:15	Gr 7/8 (Kiet) girls volleyball 7:00 *Gr 8 (Lisa)girls volleyball 7:30	Grade 7/8 Brown) Girls Rec. Practice 715am		Kiet's 7 team 7:00
Lunch practice		Boys 6/7 rec practice	Girls 6 Rec	Grade 7/8 Girls Brown	
After school practice	Lisa's Gr 8 girls comp practice	Boys 7/8 comp volleyball		Gr 6 boys jamboree	Gr 7/8 boys comp practice
Competition		Gr 6 girls Rec @ Colquitz	Girls 7/8 White Game @Colquitz Girls 7/8 Blue game @ Royal Oak Girls 7/8 Rec @ Centre Mountain Lellum		

**If you are able to help, please contact
Christine Crljenkovic ccrljenkovic@sd61.bc.ca**

Survival Socks

The Survival Socks Initiative is back at Colquitz! The Lead the Change Club is collecting toiletry items to create 100 socks for people in need. They need new toothbrushes, toothpaste, dental floss, small shampoos, conditioners, body wash, soap, tissue packages, feminine hygiene products, combs, band-aids, q-tips, hand sanitizer, wipes, and new or nearly new adult-sized socks. Small non-perishable items like granola bars, fruit leathers, and gum are also welcome.

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Registration, Transition and Transfer Processes to be aware of:

Families, especially Grade 8 Families:
Please note the following important registration dates and refer to the [Registration Guide](#) if you have any questions.

Thank you!



January 31, 2025	Grade 8s - Deadline to submit Secondary Programs of Choice and Career Program applications
February 10 – 13, 2025	Grade 8 parents who may want their child to go to a high school other than their catchment, or families considering a change of school – you must put in for a transfer during Kindergarten to Grade 12 Student Transfer Process
February 12, 2025	Grade 8s - Last day for Secondary Schools to inform students re: acceptance into Programs of Choice and Career Programs
February 13, 2025	Deadline to submit ALL transfer requests (no later than 3:30pm)
On or before March 14, 2025	Notification of all transfer decisions will be communicated to families
May 15, 2025	District Orientation/ Student Transition Day (grade 5s go to Middle Schools, Grade 8s visit high schools) in the afternoon

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MUSIC

Tour Updates:

- There was a required tour meeting on January 8th at 6:30pm for parents/guardians of participating students. Please email Katherine Forster if you were unable to attend that meeting to set up an alternate time.
- The tour payment for January, which was due January 15th, is payable online. It will be \$157. Online payment greatly preferred. Cash and cheque must be exact amounts.
- Tour forms will be due on February 12th.

Band Updates:

- Practice Records are due this Wednesday, January 29th
- Term Check-in's have gone out. They are due Feb 6th. Please see google classroom or your weekly band email for more information.
- Band 7/8 will be playing at the Cougars hockey game on February 13th. More info in weekly band email!

Schedule:

Tuesday: Jazz Band 7:40 am

Wednesday: Band 6 COMBINED (All instruments, amber and green pod) at 7:40 am.

Thursday: Band 7/8 Combined. Jazz band at lunch.

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

All other information about Fine Arts can be found at our website:

CPAPA

Colquitz Performing Arts Parents
Association (CPAPA)

Join us in the art room for our next meeting at **6:30 to 7:30pm on Monday Feb 3, 2025**
The door will be open at the front of the school to the right of the main entrance.

Contact CPAPA at: cpapainfo@gmail.com

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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 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/>

BOAT PROGRAM

Burnside Gorge Community Centre will be running a second round of the BOAT program!

Attached is the information and registration form for you to handout to students.

Please return registration forms to my mailbox or office **by 3pm Monday Jan 27.**

Start Date: Thursday, Jan 30th, 2025

Time: 2:50-4:50pm

Duration: 6 weeks



BGC South Vancouver Island offers two programs to support parents of teens: Parents Together, an ongoing online program, and Parents in the Know, a 10-week in-person program. Both provide tools, skills, and support to help parents guide their teens with confidence. Your teen's future starts with your support. Let's navigate this journey together!

Parents Together

When: Tuesdays Online
Time: 12:00 PM – 1:30 PM
(Ongoing)

Join this flexible online education and group support program designed for parents of teens. Gain valuable skills, knowledge, and confidence to guide your teen through their journey into adulthood. The program focuses on 10 key topics, with content tailored to the needs of participating parents.

Parents in the Know

When: Tuesdays In-Person
at 345 Wale Rd
Time: 6:30 PM – 8:30 PM
(10 Weeks)

Looking for a more structured experience? This 10-week in-person program offers the same comprehensive topics and support as Parents Together but with a clear beginning and end. Build meaningful connections while learning in a supportive environment.

Connect with Us:



Opportunity
Changes
Everything

 Nicola Mackay
Family Programs Manager
 250.685.9100
 carefamilies@bgcvi.org



Scan to learn

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CHARACTER HEALTHY ATHLETIC LIFESTYLE ACCOUNTABILITY

SPECTRUM HOCKEY

2025-2026 SCHOOL YEAR *SKILLS ACADEMY*

ACCEPTING EARLY APPLICATIONS

- ✓ FULLY ACCREDITED HIGH SCHOOL CREDITS
- ✓ BALANCED STUDENT ATHLETE SCHEDULE
- ✓ OFF-ICE STRENGTH TRAINING & FITNESS
- ✓ OVER 120 HOURS OF ON-ICE SKILL
- ✓ PROFESSIONAL COACHES
- ✓ 10 MONTH ON-ICE PROGRAM
- ✓ ACADEMIC SUPPORT
- ✓ OVERALL ATHLETIC DEVELOPMENT WITH MULTI-SPORT IMPLEMENTATION

"Using Sport to Create Success in Life"

WWW.SPECTRUMHOCKEY.CA



CONTACT MIKE ADAMS TO REGISTER (MJADAMS@SD61.BC.CA) @SPECTRUMHOCKEYACADEMY

CITIZENSHIP TIME MANAGEMENT



INFORMATION EVENING THURS. JANUARY 16 7:00PM

Saanich PARKS, RECREATION & COMMUNITY SERVICES

FRIDAY NIGHTS DINNER SKATING & MOVIE

AGES 11 - 16 \$5



Jan 10th - April 18th
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 Dinner, themed skates & a movie in our awesome youth centre.

Tylera.smith@saanich.ca saanich.ca/youth 250 475 5462

Saanich

2SLGBTQIA+ SOCIALS

AGES 11 - 17

IN OUR YOUTH CENTRES
MONDAYS 6:00 - 8:00PM @ GORDON HEAD RECREATION
THURSDAYS 7:00 - 9:00PM @ PEARKES RECREATION

[CLICK TO SIGN UP](#)




WWW.SAANICH.CA 250 475 5462 TYLERA.SMITH@SAANICH.CA

Saanich PARKS, RECREATION & COMMUNITY SERVICES

STORIES & SLIME YOUTH BOOK CLUB

AGES 11 - 15



Wednesdays 6:00 - 8:00pm
Jan 15th - June 4th

@ The Flipside Youth Centre
G.R. Pearkes Recreation Centre

[REGISTER HERE](#)

Are you ready for exciting adventures, mind-bending mysteries, and powerful stories? Whether you love fantasy, action, or stories that make you think, our book club has something for everyone. If you love reading, making crafts, and having a blast with friends, Stories & Slime is the place to be.

Tylera.smith@saanich.ca saanich.ca/youth 250 475 5462

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Deepening our Understanding of Emotion Regulation — Supporting our Young People with their Big Emotions.

Have you ever found yourself looking at your child's emotional outburst and thinking, "What the heck is happening?" or "What on earth are they so upset about — it's not that big a deal?" If so, you are certainly not alone!

Join FamilySmart and Nicole Allen live online for an evening filled with information about what can lead to big emotions and some concrete strategies for responding skillfully to those situations.

Nicole Allen is a Registered Clinical Counsellor, mom, wife and dog lover who, over the past decade, has worked with young people and their caregivers to build relationships and emotion regulation strategies especially in times of mental health crisis. Nicole has private practices in Abbotsford and Fort Langley.

familysmart.ca

COME & LEARN
WITH US!

FamilySmart Online Event for Parents and Caregivers

Date: Wednesday, February 12, 2025

Time: 6:30pm - 8:00pm Pacific Time

Location: On Zoom (online)

Cost: Free

Register at: familysmart.ca/events

With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry of Children and Family Development for sponsoring this event.



Workshops

1. Emotion Regulation - Deepening Our Understanding - Special Live

FamilySmart Event (online) February 12th 2025

This is a followup to a popular FamilySmart video called **Emotion Regulation** with speaker **Nicole Allen**, Clinical Counsellor. In this online event Nicole will discuss what can lead to big emotions and give us some concrete strategies for responding skillfully to those situations.

To Watch 1st video here: <https://youtu.be/BP4I9Zedrgs?si=NQPUS5YyCYDak7xX>

Date & Time: Wednesday February 12th, 6:30 pm - 8:00 pm

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

2. Understanding Disordered Eating: How to Support The Youth In Your Life

Learn from our panel of youth with lived experiences and our moderator, Carmen Kaufmann, an eating disorder specialist. This free event is open to parents, caregivers, youth, professionals, family, and friends.

Through this event you will:

- Understand the factors that influence disordered eating
- Learn how to identify warning signs for disordered eating
- Hear how youth cope with social media, fat shaming, diet culture and more

Learn how to support and start the conversation about disordered eating and body image

Saturday, February 1, 2025, 10:30-12 pm Online ; <https://www.eventbrite.ca/e/understanding-disordered-eating-how-to-support-the-youth-in-your-life-tickets-1090253992039?aff=oddtcreator>

3. Empowering caregivers with strategies to support children with symptoms of Avoidant/Restrictive Food Intake Disorder (ARFID)

This webinar aims to empower caregivers in supporting children who have symptoms of Avoidant/Restrictive Food Intake Disorder (ARFID). We will discuss what ARFID is and review when eating patterns may fit with ARFID (and the difference between ARFID and other eating disorders). Practical strategies for caregivers to support their child will be shared, along with specific tips for managing eating concerns that are happening alongside physical symptoms like stomach pain or nausea. This webinar will be recorded.

Date & Time: Wednesday January 22 12:00 pm - 1:00 pm

Register: <https://keltymentalhealth.ca/event/2025/01/supporting-children-with-arfid-symptoms>

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PISE - VICTORIA

CSS Info Night!



Join us February 12: 5:30 pm - 7:00 pm

Where: In person at PISE, 4371 Interurban Rd, or Virtually via **Zoom**.

What to Expect: Join us to explore how the Canadian Sport School can help student-athletes achieve a balance between their athletic and academic pursuits. Discover how it supports excellence in both school and sports, fostering growth and success in all areas of their careers.

Canadian Sport School Victoria (CSS Victoria) offers a split-day school program in which student-athletes spend half of their day at their regular high school taking required academic courses, and half their day with the Canadian Sport School.

Click here to [Register for Info Night](#)