

# next week at colquitz

friday, january 31, 2024

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was another fabulous week at Colquitz. The Lunar New Year began on Wednesday, and many classes learned about it in a slideshow created by Division 10 teacher, Ms. Dong. She and her class also went to Chinatown to celebrate and learn about Chinese culture and the Year of the Snake. They also made and enjoyed dumplings together. People born in the Year of the Snake are believed to be perceptive, intelligent and graceful. In Chinese culture, the snake is often linked to the element of fire, which signifies passion, energy and transformation. The year itself is considered a time for reflection, deep thought and personal growth.

Today Divisions 16 (Mr. Arnott) and 17 (Ms Schuring) also had a lot of fun in their French class—they played French Yatzee and made poutine! It was a pleasure to be included! :)

I would like to remind families once again to please be conscious of being respectful of our neighbours and local bylaws as they drop off and pick up their children before and after school: while the bus drop-off zones are now available to stop in, people should still be careful not to stop in driveways or no-stopping zones, and to never do dangerous U-turns. Many thanks for your help and support.

Have a wonderful weekend with your family and friends.

Carrie Schlappner  
- Principal



## next week at a glance

- |                  |   |
|------------------|---|
| Monday, Feb 3    | <ul style="list-style-type: none"><li>• CPAPA Meeting @ 6.30pm</li><li>• Black Heritage Month Assembly at 9am</li></ul> |
| Tuesday, Feb 4   | <ul style="list-style-type: none"><li>•</li></ul>   |
| Wednesday, Feb 5 | <ul style="list-style-type: none"><li>•</li></ul>   |
| Thursday, Feb 6  | <ul style="list-style-type: none"><li>•</li></ul>   |
| Friday, Feb 7    | <ul style="list-style-type: none"><li>• Indigenous Student Lunch</li></ul>  |

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

February 10 – 13, 2025	Kindergarten to Grade 12 Student Transfer Process
Friday, February 14	Pro D Day <b>(No School today)</b> <i>Palentine's Day</i>
Monday, February 17	<i>Family Day</i> <b>(No School today)</b>
Tuesday, February 18	PAC Meeting @ 6.30pm
Friday, February 21	CC Day <b>(early Dismissal @ 11.45 am)</b>
Tuesday, February 25	Shivratri
Wednesday, February 26	Pink Shirt Day

## Registration, Transition and Transfer Processes to be aware of:

Please note the following important registration dates and refer to the [Registration Guide](#) if you have any questions.

Thank you!

February 10 – 13, 2025	<b>Grade 8 parents</b> 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 <b>Kindergarten to Grade 12 Student Transfer Process</b>
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## Yearbooks are on sale now!

### Yearbooks cost \$25

To order your child a copy of the yearbook, please go to [ybpay.ca](http://ybpay.ca) and use the order ID **13717625**.

**If you have some pictures for the yearbook please send it to:**  
[colquitzyearbook@gmail.com](mailto:colquitzyearbook@gmail.com)

**Deadline to order yearbook is**  
**May 20<sup>th</sup>, 2025**

**If you have any questions please contact Megan Schuring at**  
[mschuring@sd61.bc.ca](mailto:mschuring@sd61.bc.ca)

*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)

Feb 3-7	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 team 7:00
Lunch practice		Boys 6/7 rec practice	Girls 6 Rec	Grade 7/8 Girls Brown	
After school practice		Boys 7/8 practice	Girls 7/8 rec practice	Boys 7/8 practice	Lisa's 8 girls team practice
Competition	Boys 7/8 Blue Game @ Colquitz  Boys 7/8 White @PCS		Girls 7/8 White Game @Bayside  Girls 7/8 Blue game @ PCS		

If you are able to help, please contact  
Christine Crijenkovic [ccrijenkovic@sd61.bc.ca](mailto:ccrijenkovic@sd61.bc.ca)

### Spectrum Junior Varsity Football Interest

Attention all current grade 8 students who will be attending Spectrum in September.

Join the Junior Varsity football team for grades 9 and 10. No experience needed, and it's a great way to connect with your new school. Spring camp starts in May, and the season runs from August 15 to December. Sign up in the office by the end of February. Go Cougars!

**Anyone interested please sign up in the office.**

**Go Cougars!! Go Thunder!!**

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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. They are posted on the tour google classroom, and there are printed copies available from Ms. Forster, Mrs. Mackenzie and Mrs. Whyte.

### Band updates:

- Practice Records were due this Wednesday, January 29th . If your student has not turned theirs in, it can be handed in on google classroom, given to Ms. Forster, or via email.
- Information about band 7/8 playing at the cougars hockey game Feb 13<sup>th</sup> will be out soon. Call time is 6:20pm at Archie Browning rink.

### 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.

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



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## MUSICAL THEATRE

Musical Theatre rehearsals are up and running! Most ensemble characters will be needed on Wednesday afternoons, with main characters called for specific rehearsals throughout the month.

We'll have a parent volunteer meeting for parents that might like to help out with everything from sets, to costumes, hair, makeup, and other backstage things on Monday February 10<sup>th</sup> at 6:30pm in the Art room!



## FEBRUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1
2	3	4	5	6 Lunch: Dancers After school: Don & Kathy: "You Were...Me" & "Lucky Star"	7 Lunch: Don, Kathy, Cosmo music	8
9 SUNDAY REHEARSAL 1:00 – 4:00 "Good Mornin"	10 Lunch: Norman Bailey After school: Don, Kathy, Cosmo	11 Lunch: Don & Cosmo After school: "Moses Supposes"	12 THEATRE PULLOUT 1:45-4:15 Opening scene & "Fit as a Fiddle"	13 Lunch: Dancers After school: "What's Wrong ..?" Lina, Chorus Girls	14 PRO-D	15
16	17 FAMILY DAY	18 Lunch: Talking Head After school: "Make 'em Laugh"	19 THEATRE PULLOUT 1:45-4:15 Opening scene & "Fit as a Fiddle"	20 Lunch: Dancers After school: "4 Leaf Clover" Zelda, Kathy, Chorus Girls	21 CCD 12:00 – 3:00 "Dream of You" Dancers+ Chorus Girls	22
23 SUNDAY REHEARSAL 1:00 – 4:00 "Dream of You" & "4 Leaf"	24 Lunch: "Make 'em Laugh" After school: Lina, RF, Roz	25 Lunch: CREW After school: "Moses Supposes"	26 THEATRE PULLOUT 1:45-4:15 "Broadway Melody" & "Singin' in the Rain"	27 Lunch: Dancers After school: "4 Leaf Clover" Zelda, Kathy, Chorus Girls	28 Lunch: Norman Bailey	MARCH 1

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## 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>

## 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](https://familysmart.ca/events)

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



## Youth Empowering Youth (YEY)

**Youth Empowering Youth (YEY)** are currently offering a unique, FREE leadership development program for students.

### Volunteer Hours

This program allows students who participate to receive 15 volunteer hours that go towards graduation.

### Our Program

Our program provides young leaders with an opportunity to develop essential skills such as teamwork, communication, problem-solving, and leadership. Through workshops, mentorship, and real-world projects, students will not only enhance their personal growth but also make a positive impact in their community.

### Cohort Dates

Our teen cohorts (13-18) runs this winter from February 7th to April 4th. We will also be sending out information regarding our second cohort starting in February soon.

**Registration : Students can register [here](#).**

**Teen Leadership Program**

**About the Program**  
Youth Empowering Youth (YEY) is a movement led by youth for youth to nurture, support, and strengthen young leaders.

**2025 Schedule**  
FRIDAYS  
**Date:** February 7th - April 4th  
**Time:** 4:30PM PST

**Program Highlights**

1. FREE Registration
2. Online via Zoom
3. Youth-Led
4. Earn up to 15 volunteer hours

**Why Choose Us?**

- Leadership Skills
- Life Skills
- Confidence
- Self Awareness

**REGISTER NOW!**

**How to Register**

1. Visit Our Website at [yeyfoundation.org](https://yeyfoundation.org)
2. Click 'Our Programs'
3. Click 'Register Today'
4. Choose cohort, Fill Out & Submit Form

**More Questions?**  
[office@yeyfoundation.org](mailto:office@yeyfoundation.org)

**Follow Us!**

- @yeyfoundation
- @yeyfoundation
- Youth Empowering Youth Program
- YEY Foundation

[@YEYFOUNDATION](https://www.instagram.com/yeyfoundation)

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## 🌸 Discover The Neurodiversity Family Centre! 🌸

The Neurodiversity Family Centre is dedicated to providing accessible and affirming support for neurodivergent individuals and their families. Their mission is to empower and celebrate the unique strengths of all people, including neurodivergent folk, while offering practical resources for everyone to thrive.

### 💖 Free Resources:

They share a wealth of knowledge through their Instagram and YouTube channel, offering free tips, tools, and insights specifically tailored for neurodivergent individuals and their families as well as those who work with and support them.

These platforms make essential support accessible to all.

### 💖 Affordable Support Options:

The Centre offers workshops for caregivers and professionals designed to provide psychoeducation and incorporates support strategies for building connection and understanding between the neurodivergent and neurotypical communities. For counseling, they provide budget-friendly options with practicum students & interns, starting at just \$55 per session, ensuring quality care is within reach.

### 💖 Expert-Led Services:

With a team of highly skilled Registered Social Workers (RSWs) and Registered Clinical Counsellors (RCCs), The Neurodiversity Family Centre specializes in neurodiversity affirming care. This approach recognizes, respects, and celebrates all neurotypes like ADHD and Autism, focusing on empowering individuals rather than trying to change them.


## ONLINE COURSE THE BASICS OF NEURODIVERSITY



The Neurodiversity  
Family Centre

This introductory online course is designed for everyone and explores the concepts of Neurodiversity and Neurodivergence through a neuroaffirming lens. It includes information about different types of neurodivergence, and some basic support strategies for neurodivergent folk at home, at work and in the school setting.



 [www.neurodiversityfamilycentre.com](http://www.neurodiversityfamilycentre.com)

 TheNDFamilycentre

## Gift of Neurodiversity

**(1) Latest instagram post : How to Help Your Child Keep a Clean Room** 🧹🌸 Supporting neurodivergent kids in staying organized can be a challenge, but small changes make a big difference! 💖

🌸 **Use Clear Bins:** Make organization easy and visible to support memory and independence. Bins can be easily dumped out to find items then items are easily thrown back in the bin once the item is found. Using labels also helps keep things organized such as "long sleeve tops" vs. "short sleeve tops" and "Warm Pants" vs. "Leggings" etc.

🌸 **Build Capacity:** Add joy before cleaning to make it easier—play a game or offer a sweet treat! Perhaps put on their favourite playlist while they clean so they can pair an undesired task with a desired one! Or Body double by staying in the room with them while working on your computer/phone so you both are getting some much needed work done!

🌸 **Help Them Get Started:** Initiating a task can be tough for ADHD brains—be their cheerleader! Help them get started then once the ball is rolling either body double by staying with them and chatting to them as they clean OR see if you're able to sneak out to work on another task but be sure to check back in case they need you to be there as a body double!

🌸 **Break It Down:** Focus on one area at a time—progress sparks momentum. You can either pick a specific area to work on or a specific task. **Example:**

Task: Put all dirty laundry in the basket, put all clean laundry away

Area: Clean everything off the floor or clean all surfaces or clean one side of the room.

Let's make tidying a team effort and a less overwhelming experience! 🤝

**For more helpful posts:** <https://www.instagram.com/theNDFamilyCentre>

**(2) Featured Course: The Gifts of Neurodiversity: For parents of newly diagnosed children & teens:** Cost: \$50 (Including GST)

### Course Description:

This introductory online course is designed for parents whose children have recently been diagnosed with neurodivergence, including autism, ADHD, or others. Our aim is to help you understand the unique strengths and abilities of your neurodivergent child while focusing on practical parenting skills you can use in order to feel better prepared to support them.

**For Information** or to [Purchase this course](#)



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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/>



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](#)

## SPRING BREAK BASKETBALL CAMP



Join our camp for skills, teamwork, and fun this spring break!  
All skill levels welcome.

**March 24 - 28**

**HEAD COACH**



**Ethan Boag**  
4th Year Captain of UVIC Vikes Mens Basketball Team



**8-11 YEARS OLD**  
Boys & Girls  
9.00 AM - 12.00 PM

**12-14 YEARS OLD**  
Boys & Girls  
1.00 PM - 4.00 PM

To register or for more information please contact:

250-896-4875  
[edboag@gmail.com](mailto:edboag@gmail.com)



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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