

next week at colquitz

friday, february 14, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

HAPPY PALENTINE'S DAY! At Middle School, we want to emphasize the idea of the importance of friends over the idea of romantic love. Palentine's Day is a holiday that celebrates platonic love, such as friendship, and is celebrated on February 13th or 14th. It's a day to recognize the importance of friends and other special people in your life.

This week was eventful in many ways. First, we have three Indigenous Education student teachers joining us. Welcome to Jamie Perry in Div 11 with Megan Steffens, Christina Croce in Div 22 with Heidi James, and Connor MacDonald in Div 23 with Jane Spies. Having student teachers is mutually beneficial in that they learn from us and we learn from them and the fresh ideas and perspectives they bring from the university. We are lucky to have them!

An amazing accomplishment this week happened on Wednesday when our Lahal Team **WON** the tournament at Spectrum School! There were 32 teams, and Colquitz vanquished over Spectrum in the final match. If you're not familiar with Lahal, it is a traditional Indigenous game that is a kind of guessing game. It is played between two teams using two sets of "bones" (one marked pair, and one unmarked pair), and scoring sticks. One team conceals sets of bones within their hands. There's a bone that has no mark and there's a marked bone. and you're trying to get the non-marked bone and that's how you get the sticks. The goal is to collect all the sticks, with the first team to do so winning the game. Here's link to a check article about it: <https://cheknews.ca/south-island-students-celebrate-traditional-indigenous-game-through-lahal-tournament-1238826/>

Thank you to the PAC for their support in purchasing Lahal Team shirts! We appreciate their commitment to Reconciliation.

Enjoy the photos and have a wonderful looonnggg weekend with your family and friends.

- Carrie Schlappner, Principal



next week at a glance

- | | |
|-------------------|--|
| Monday, Feb 17 | • Family Day (No School today) |
| Tuesday, Feb 18 | • PAC Meeting @ 6.30pm in Library |
| Wednesday, Feb 19 | • |
| Thursday, Feb 20 | • |
| Friday, Feb 21 | • CC Day (early Dismissal @ 11.45 am) |

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upcoming important dates—*mark your calendars!*

Tuesday, February 25	Shivratri
Wednesday, February 26	Pink Shirt Day
Friday, February 28	Ramadan Begins
Monday, March 3	CPAPA Meeting @6.30pm
Wednesday, March 12	Spring Concert @ 1:15pm & 7pm
Friday, March 14	Last day of school before Spring break; Learning Updates Available at 3pm on Parent Connect
Saturday, March 15	Spring Break starts
Monday, March 31	Spring Break ends (School Re-opens)

IMPORTANT PICK UP REMINDERS



As we adjust to our new bus pick-up and drop-off location, we would like to remind everyone that **the back turnaround area (off Brunswick Pl) is designated for buses only.**

For safety, please use the parking lot beside the turnaround area for car pick-ups, drop-offs, and parking. Also, you can now use the former bus pull-outs at the FRONT of the school for drop-off and pick-up.

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

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

order ID 13717625.

Deadline to order yearbook is May 20th, 2025

If you have any questions please contact Megan Schuring at

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

Feb 17-21	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Before school	Family Day	Gr 7½ (Kiet) girls volleyball 7:00 *Gr 8 (Lisa)girls volleyball 7:30		Kiet gr 7 practice 7:00	
Lunch practice		Grade 7½ Girls Brown	Girls 6 Rec		
After school practice		*Possible exhibition game gr 8 boys @ St A or practice	*Possible exhibition game gr 8 boys @ St A	Possible **Gr 8 practice/ exhibition game or practice	
Competition			Girls 7 Comp @Colquitz Girls 8 Comp @ PCS		Boys Comp and Girls Comp Spectrum Tournament

**If you have any questions, please contact
Christine Crijenkovic 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. **Anyone interested please sign up in the Colquitz office by the end of February.**



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MUSIC

- February 17-23 is Week 22 of practice. (or week 5 on a new practice card!)
- Practice is next due on Wednesday, February 26th
- Band 8 will be visiting spectrum the morning of Thursday, February 20th. If any parents/guardians are available to walk the students to and from Spectrum, please email Katherine Forster! We are looking for at least one more person. It is from 9:25 am to noon, all that is needed is walking students to and from Spectrum Community School.
- Band students who have yet to complete their term check-in should see it on their CC day forms when they are distributed. Students can submit their check-in before CC day to not be required to stay for band.



Tour Updates:

- ⇒ Tour forms were due on February 12th. They are posted on the tour google classroom, and there are printed copies available from Ms. Forster!
- ⇒ Students who did not have a parent/guardian at the January 8th meeting and have not rescheduled with Ms. Forster has been given a copy of the forms that are due February 12th. Please reply to this email to schedule a meeting!
- ⇒ The final payment is available online and was due on February 12th.
- ⇒ The amount due is \$210. Online payment is **greatly** preferred. Cheques and cash must be the EXACT amount.
- ⇒ Students who have fundraised will have their fundraising money subtracted from the final payment, which will affect the amount they pay.

Schedule:

Tuesday: Jazz Band 7:40 am

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

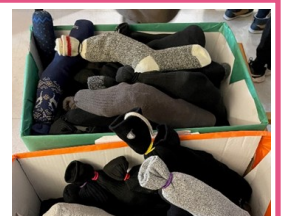
Thursday: Band 7/8 Combined. Jazz band at lunch.

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

<https://www.colquitzfinearts.weebly.com/>

Survival Socks

Lead the Change club was able to stuff 91 pairs of warm socks with toiletry items to donate to Our Place Society thanks to the generous donations from our Colquitz community and our local London Drugs. Thank you to everyone who helped make this a big success!



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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.
- ⇒ This Sunday's rehearsal is for the characters of Don, Cosmo, and Kathy only, No other characters are needed. The first rehearsal for ensemble cast is on Wednesday Feb 12 during our first Theatre Pullout class which runs until 4:15.

FEBRUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
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

Kidovate is Back for April 2025!

Kidovate is a fun, free entrepreneurship initiative of UVIC's Gustavson School of Business for high school and middle school students. Kidovate aims to develop entrepreneurial spirit and acumen by encouraging participants to sell goods or services on Kidovate Market Day. This year's market will be held on Saturday, April 5th at The Bay Centre. Last year more than 200 young entrepreneurs participated in Kidovate. There is no cost to participate in Kidovate and there are many resources available to help youth be successful.



Check out <http://kidovate.ca/>

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Heartfelt Moments Photo Pop-Up

February 16th, 12pm to 4pm



In partnership with
FOUR FRAMES
PHOTO BOOTH

Anthem

Free Pop-up Photos for Valentines and Family Day

Date/Time: February 16th from 12pm to 4pm

Location: Upper level by Western Coast Insurance / Winners

Link for registration / more information: <https://www.eventbrite.ca/e/heartfelt-moments-photo-pop-up-tickets-1246729865589?aff=oddtcreator>

Victoria Model Railway Club Hours



Until March 2nd

Fridays 5 p.m. to 8 p.m

Saturdays 11 a.m. to 4:30 p.m

Sundays 12 noon to 4:30 p.m

*Open on Monday, Feb 17th for family day under Sunday Hours.
Find us in the lower level by the escalator.

Anthem

Victoria Model Railway Club Display

Dates: Friday, Saturday, Sunday until March 2nd

Location: Lower level by escalator

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
2. Click 'Our Programs'
3. Click 'Register Today'
4. Choose cohort, Fill Out & Submit Form

More Questions?
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

 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

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

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

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



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.



Greater VICTORIA School District TELUS 2025 TELUS Community Foundation VICTORIA FOUNDATION United Way Southern Vancouver Island BRITISH COLUMBIA Gaming Commission

Youth Night

The Enable program @ VIRCS invites you to an exciting night of fun, friends and social activities!

For SD61 Newcomer, Immigrant and Refugee youth aged 12-19

Every Thursday, Starting January 30, 2025 4PM-6PM
Victoria High School - Neighbourhood Learning Centre (NLC)
1260 Grant Street

Email enable@vircs.bc.ca to register!

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	12-14 YEARS OLD
Boys & Girls 9:00 AM - 12:00 PM	Boys & Girls 1:00 PM - 4:00 PM

To register or for more information please contact: 250-896-4875
edboag@gmail.com

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STRAWBERRY VALE FASTBALL
ROSEDALE PARK, SAANICH, BC

2025 REGISTRATION IS OPEN!

Proudly welcoming all players and teams aged 5-20!

 strawberryvalefastball.com
 svfastball@gmail.com
 [@strawberryvalefastball](https://www.instagram.com/strawberryvalefastball)




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

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


REGISTER HERE 

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



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

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.

REGISTER HERE 

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

CHARACTER HEALTHY ATHLETIC LIFESTYLE ACCOUNTABILITY

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"Using Sport to Create Success in Life"

WWW.SPECTRUMHOCKEY.CA



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



INFORMATION EVENING
THURS. JANUARY 16
7:00PM

 @SPECTRUMHOCKEYACADEMY