

next week at colquitz

friday, february 21, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

I hope everyone had a wonderful Family Day Weekend. My husband and I enjoyed time in Sooke, including at Sandcut beach.

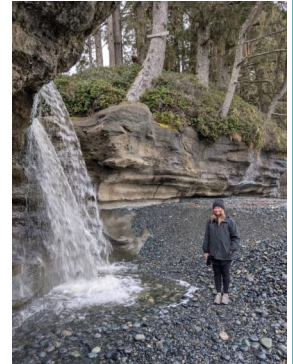
This week was short and focused on supporting students in finishing up outstanding assignments so that teachers can complete assessments for Learning Updates. CC Day today was also part of those supports.

There is always lots going on around the school, and today I popped in to see what students were up to in Home Ec with Ms. Cumming. She always has them engaged in a fun activity, and today was no different. Grade 7s were practicing their sewing skills making stuffed animals. :)

Classes also prepared for Pink Shirt Day, which will be on Wednesday (February 26th). For those new to this, Pink Shirt Day is a day to raise awareness of bullying and to promote kindness and acceptance. In 2007, two students in Nova Scotia organized a protest after a fellow student was bullied for wearing pink. The students convinced hundreds of their classmates to wear pink the next day, and this act of kindness spread across the school, community, and country, and is celebrated annually. Please support your children in wearing pink on Wednesday! :)

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

- Carrie Schlappner,
Principal



next week at a glance

- Monday, Feb 24 •
- Tuesday, Feb 25 • *Shivratri*
- Wednesday, Feb 26 • *Pink Shirt Day*
- Thursday, Feb 27 •
- Friday, Feb 28 • *Ramadan Begins*

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upcoming important dates—*mark your calendars!*

Monday, March 10	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)
Tuesday, April 1	April Fool's Day
Wednesday, April 2	World Autism Awareness Day
Monday, April 7	World Health Day

Health and Wellness at Colquitz

This time of year, we have begun to notice more respiratory illnesses in the school. In an effort to limit the spread of illness in our school community, this is a reminder that the Provincial Guidelines state the importance of not attending school if someone is sick and unable to participate fully in routine activities.

You can support health awareness with regular health checks, which means a person regularly checking to ensure they, or their student, is not experiencing symptoms of illness that would limit their ability to participate fully in regular activities before coming to school. Staff, students, or other persons in the school community can attend school if their symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies) or symptoms have improved, and they feel well enough to return to regular activities.

If a person develops symptoms of illness at school and is unable to participate in regular activities, they will be supported to go home and encouraged to stay home until their symptoms improve.

Frequent handwashing is always encouraged and masks can be worn with no prejudice if preferred.



Thank you for your support

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 24-28	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Before school	Gr 6 girls practice	Gr 7 $\frac{1}{2}$ (Kiet) girls volleyball 7:00 *Gr 8 (Lisa)girls volleyball 7:30			Kiet gr 7 practice 7:00
Lunch practice		Grade 7 $\frac{1}{2}$ Girls Brown	Girls 6 Rec		
After school practice				Gr 6/7 boys practice/game	Boys 7/8 practice
Competition	Colquitz Blue 7 $\frac{1}{2}$ boys @ Colquitz Colquitz White 7 $\frac{1}{2}$ boys @Spencer	Girls 6/7 Rec jamboree @ Colquitz	Boys 7 $\frac{1}{2}$ exhibition @ St Andrew's Girls Play-offs Colquitz Blue@ Colquitz Girls Colquitz White @ Lansdown		

**If you have any questions, please contact
Christine Crljenkovic ccrljenkovic@sd61.bc.ca**

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.



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MUSIC

Tour Updates:

- ◆ **Reminder:** There is a required tour meeting for parents, guardians and students on Monday, April 7th at 6:30 pm in the drama room.
- ◆ There are still 8 students who have not turned their forms in. They are posted on the tour google classroom, and there are printed copies available from Ms. Forster!
- ◆ 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.
 - ◇ 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 were due February 12th.



Updates for band next week:

- February 24-March 2nd is Week 23 of practice. (or week 6 on a new practice card!)
- Practice is next due on this Wednesday, February 26th

Band 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.

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

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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.

- ♦ Attention all Parents and Caregivers - **Our next CPAPA meeting has been rescheduled to Monday March 10th**. Please come and join us for some important information and updates regarding everything performing arts at Colquitz!
- ♦ Interested in working as part of our parent/caregiver driven team?
We are looking to fill the following positions for the remainder of the 2024/25 school year:
 - Communications Coordinator
 - Secretary

Everyone is always welcome at the CPAPA table!

- ♦ CPAPA Spring Concert Bake Sale – Cookies AND beautiful music?
Come out and support the Colquitz Performing Arts Parents Association by volunteering your time and/or your baked goods! 100% of the proceeds go towards Performing Arts programs and initiatives at Colquitz. Sign up here!

<https://www.signupgenius.com/go/805044DA5A72AAAFE3-55243045-spring>

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**

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

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

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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/>



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

More Questions?
office@yeefoundation.org

Follow Us!

- @yeefoundation
- @yeefoundation
- Youth Empowering Youth Program
- YEY Foundation

@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.

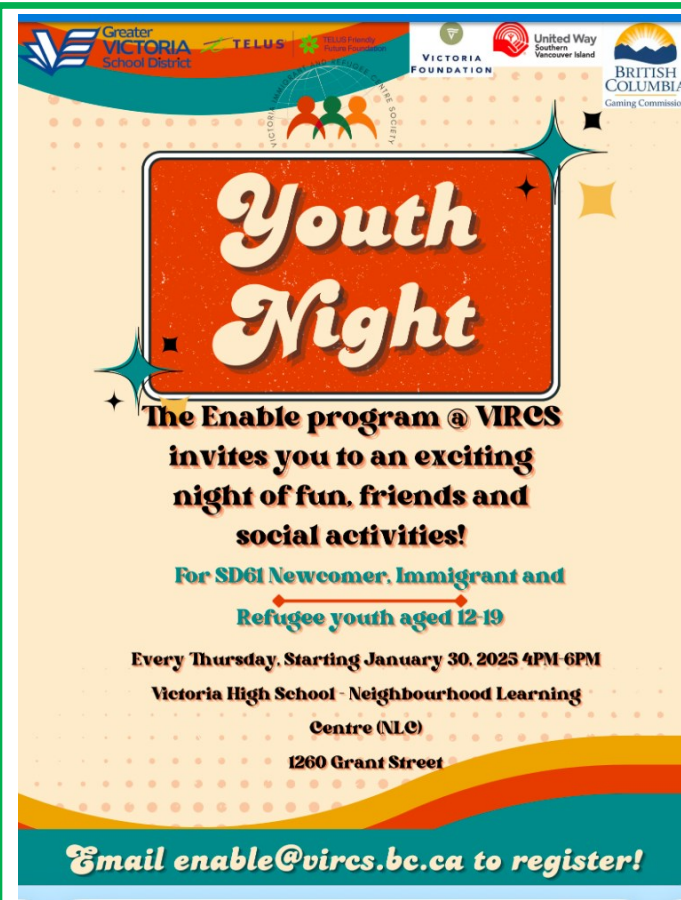
Here is the link to School Cash Online to make your order:

<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.



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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Since 1993...
SOCCER DAY CAMPS
 ...more than just a soccer camp! **2025**





Unlock Amazing Savings if you sign up by **June 1, 2025**
DON'T MISS OUT!
 * for a limited time only

Get ready for an unforgettable summer adventure!

- * July & August weeks
- * morning & full day sessions
- * ages 5 to 13
- * before & after care available

Mornings starting from **\$179***
Full Days starting from **\$284***
*limited time offer, see website for details

royalsoccerclub.com
800-427-0536

For location & registration details, visit our website.

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

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

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STORIES & SLIME YOUTH BOOK CLUB


AGES 11 - 15



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.

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

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

REGISTER HERE 

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

HOSTED BY SPECTRUM VOLLEYBALL PROGRAM FOR GIRLS AT COLQUITZ & GLANFORD MIDDLE SCHOOLS
GRADE 6-8

Thunder

SPECTRUM VOLLEYBALL IN-HOUSE LEAGUE
APRIL 2 - 30

INCLUDES T-SHIRT

EVERY WEDNESDAY
5:00-7:00PM **\$125 + FEES**



LIMIT OF 48 PARTICIPANTS

TO REGISTER - SCAN THE QR CODE, FILL OUT THE GOOGLE FORM & PAY THROUGH SCHOOLCASHONLINE LINK

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HIGHWAY 1 COLQUITZ BRIDGES PROJECT INFORMATION & UPDATES February 18, 2025



PROJECT OVERVIEW

The Highway 1-Colquitz River Bridges Widening project will widen and seismically retrofit both existing two-lane bridges over Burnside Road on Highway 1 in Victoria, as well as establish a dedicated bus-on-shoulder lane. Widening the Colquitz River bridges will make for a more reliable, efficient commute for south Islanders while protecting local waterways and ecosystems. The Project will provide environmental enhancements by planting native trees, removing invasive species and treating highway runoff via a rain garden before discharging into the Colquitz River. Pomerleau Inc was awarded the construction contract in March 2024 for the project.

PROJECT UPDATES

Construction activities continue to progress onsite, including ongoing widening work on the South and North Colquitz Bridges. All piling works for the project have been completed. The construction crew has continued works for the South Bridge deck extension, including concrete pouring and curing. At the North Bridge, works continued for the installation of the new Bent, including installation of formwork and rebar in anticipation of concrete pouring. Works occurred along the Western Median, including additional clearing and grubbing and asphalt removals.

1 MONTH LOOKAHEAD

The following construction activities are anticipated to begin/continue over the next month:

- South Bridge concrete curing for the deck work.
- Commencement on the South Bridge parapet.
- Ongoing work for the North Bridge B1 and B2 bents.
- Lane closures, traffic control and temporary crosswalk along Burnside Road West.

PROTECTION OF THE ENVIRONMENT

Regular third-party environmental audits are being conducted throughout construction. The latest audit conducted on February 13th, 2025, included in-situ water quality monitoring and noted the project was in compliance with turbidity levels from measurements conducted midway and downstream of the project.

Tree clearing occurred during the first week of February in the median of Highway 1 west of Colquitz River. This clearing was part of the original design and plan of the project. All trees removed in the median will be replaced with native trees as part of this project.



Figure 1: Location of Colquitz River Upper Water Quality Monitoring Station

For more information about this project, please contact:
Mike Botssonneault, Project Manager, MOTT - 778-974-2632
Krista Englund, Regional Manager of Environmental Services, MOTT - 236-468-1959

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HIGHWAY 1 COLQUITZ BRIDGES PROJECT INFORMATION & UPDATES February 18, 2025



Figure 2: Work Along North Bridge Bent



Figure 3: Works Along West Median on Highway 1

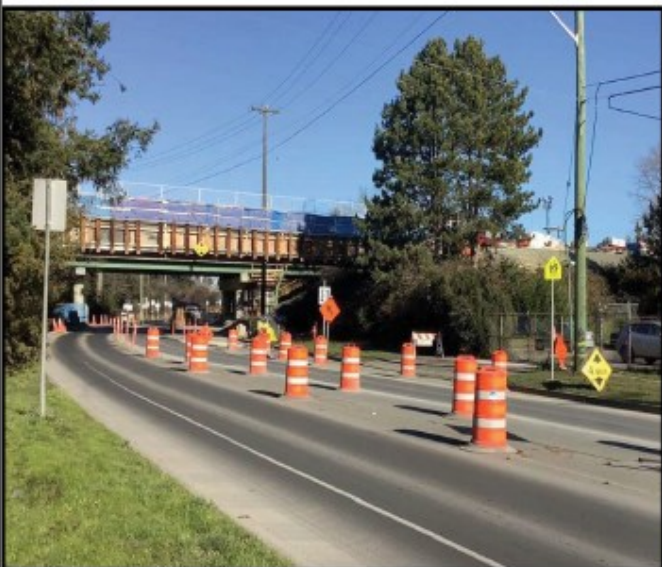


Figure 4: Traffic Management Along Burnside Road



Figure 5: Silt Fencing Along Multi-Use Path

For more information about this project, please contact:
Mike Boissonneault, Project Manager, MOTT - 778-974-2632
Krista Englund, Regional Manager of Environmental Services, MOTT