

next week at colquitz

friday, february 28, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It was a busy last week of February. Unfortunately, I have been fighting a nasty virus, so was away part of the week. I'm on the mend, but still not 100%. However, I was very happy to be able to return for PINK SHIRT DAY on Wednesday, which is always a heartwarming day.

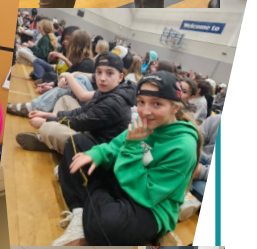
Other exciting learning and community-building activities this week included a presentation by Jessica Bowden, the grandparent to one of our grade 6 students, Nyla. She is an award-winning presenter and philanthropist, and her talk on Empowerment and identity was thoughtful and engaging. We thank her for choosing to share her wisdom and talents with us!

On Wednesday, in addition to it being Pink Shirt Day, Ms Cumming and our "Culture Club" provided enough "Red Belly Cake" for the whole school as part of Black History Month. We all enjoyed it over Zoom as a whole community! Thanks to Landon Chalupnik's mom, Petra, for the Caribbean recipe and the Culture Club, a group of students who have organized several activities around Black History Month, and who will be continuing with other cultural activities throughout the year, for baking and serving it.

Then, on Thursday, the Culture Club hosted a viewing of "Remember the Titans" after school as a wrap-up to Black History Month activities. We also said a sad goodbye to the 5 Brazilian grade 8 students who have been with us in Blue Pod for the past few weeks. We will miss you!

Lastly, a big congratulations to the Girls 8 Comp team and the Boys 7/8 Comp team came in third and first overall in the Spectrum Middle School Volleyball Tournament this past weekend.

Enjoy the photos and have a wonderful weekend with your family and friends. - Carrie Schlappner, Principal



next week at a glance

- | | |
|------------------|--|
| Monday, Mar 3 | • Victoria Sings—Choir students to UVic all morning; performance at 6:30pm |
| Tuesday, Mar 4 | • |
| Wednesday, Mar 5 | • |
| Thursday, Mar 6 | • |
| Friday, Mar 7 | • Indigenous Student Lunch |

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upcoming important dates—*mark your calendars!*

Monday, March 10	CPAPA Meeting @6.00pm
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

Accessing Parent Connect Portal (Learning Updates on March 14th)

If you have not already created a Parent Connect account [please click here](#)

If you have a Parent Connect account [please click here](#) to log in after reviewing the instructions below.

Instructions for viewing on a computer:

- Once logged in, click **ASSESSMENT HISTORY** on the left-hand side
- In assessment history, you will see current year reporting information with **green icons** for learning updates and a **blue icon** for portfolio
- When you click the learning update icon the learning update will download to your computer.

Instructions for viewing on a phone/device:

- Once logged in, click on the 3 bars at the top left corner of the screen
- Click on ASSESSMENT HISTORY
- In assessment history, you will see current year reporting information with **green icons** for learning updates and a **blue icon** for portfolio
- When you click on the icon it will open the learning update.

[Step by Step video guide for accessing Parent Portal](#)

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

March 3-7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Before school		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			
After school practice		Boys 7 $\frac{1}{2}$ practice		Boys 7 $\frac{1}{2}$ practice	
Competition	Boys White and Blue team @ Colquitz		Girls 8's Play-offs @ Colquitz Girls 7's Play-off @ Spencer		

**If you have any questions, please contact
Christine Crijenkovic ccrijenkovic@sd61.bc.ca**

Volleyball Tournament

Congratulations to the Girls 8 Comp team and the Boys 7/8 Comp team came in third and first overall in the Spectrum Middle School Volleyball Tournament this past weekend.



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MUSIC

Updates for band next week:

- We are just under 2 weeks away from our second concert of the year! The concert is on Wednesday, March 12th. There will be a concert in the afternoon for the school, and an evening concert for everyone.
- Practice is next due in April. Students are still expected to practice for the upcoming concert, but practice records will not be collected in March.



Tour Updates:

- Rooming and dinner selection will be released soon. Students should start thinking about who they want to room with on the trip.
- Reminder: There is a required tour meeting for parents, guardians and students on Monday, April 7th at 6:30 pm in the drama room.
- Tour forms were due on February 12th. 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 re-scheduled 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!

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 Performing Arts Parents and Caregivers! **We are changing our Colquitz Performing Arts Parents Association (CPAPA) meeting time on Monday March 10, 2025 to 6:00 PM.**

This time change is to allow for the Musical Theatre Volunteer meeting for this year's production of Singing in the Rain at approximately 7:00 PM. Items for discussion will include how parents and caregivers lend their support to this amazing production with a variety of opportunities available. Please come and join us to see how you can contribute to your child's Performing Arts experience 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
- 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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World Cup Festival

World Cups Youth Soccer Festival will be held over the Easter weekend, April 18th and 19th 2025!

As a bonus, the school with the highest participation will win \$1000 for their school! **REGISTER TODAY!**



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](#).

An infographic for the Teen Leadership Program. At the top, it says 'Teen Leadership Program' in a green box. Below this, there are several sections: '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), and 'Why Choose Us?' (Leadership Skills, Life Skills, Confidence, Self Awareness). A 'REGISTER NOW!' button is prominently displayed. At the bottom, there is a 'How to Register' section with four steps: 1. Visit Our Website at yeefoundation.org, 2. Click 'Our Programs', 3. Click 'Register Today', 4. Choose cohort, Fill Out & Submit Form. There is also a 'More Questions?' section with the email office@yeefoundation.org and a 'Follow Us!' section with social media handles for @yeefoundation and YEY Foundation.

A yellow poster for the 'WORLD CUPS FESTIVAL \$1000 SCHOOL CHALLENGE'. The text reads: 'THE SCHOOL WITH THE MOST REGISTRATIONS WINS \$1000'. Below this, there are four steps: 'STEP 1: SIGN UP AT: WORLDCUPS FESTIVAL@GMAIL.COM', 'STEP 2: PROMOTE VIA SOCIAL MEDIA, NEWSLETTERS & WE'LL PROVIDE PAPER POSTERS', 'STEP 3: KEEP POSTED OF YOUR SCHOOL NUMBERS ON SOCIAL MEDIA', and 'STEP 4: WE'LL DECLARE A WINNER THE DAY OF THE FESTIVAL'. The website 'www.worldcups.ca' is at the bottom.

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'intheknow' Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

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.

Explosive Behaviour in Teens: Strategies to Empower Families

When our teens are showing up in explosive ways, we sometimes blame ourselves. Discover with us as a therapist explains some causes of explosive behaviour and strategies that support parents and teens.

Join Victoria Keddiss as she hosts a conversation with Kirk Shields-Priddy, MSW/RSW Group and Family Therapist with Fraser Health START Program.

Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

Cost: Free of Charge

Date(s):

Tuesday, March 4th at 6:30pm (Most of BC)
Wednesday, March 5th at 6:30pm (Most of BC)
Thursday, March 6th at 6:30pm (Most of BC)
Tuesday, March 11th at 6:30pm (Most of BC)
Wednesday, March 12th at 12:00pm (Most of BC)

Registration required:

www.familysmart.ca/events



Supporting Your Family After a Mental Health Crisis

"Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having."

TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

THE WORKSHOP IS OFFERED THREE TIMES EACH MONTH FOR B.C. FAMILIES:

Wednesdays: 5:30pm - 7:30pm (2 weeks)
Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
Thursdays 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



familysmart.ca/workshops



FamilySmart

(1) Explosive Behaviour in Teens: Strategies To Empower Families:

When our teens are showing up in explosive ways, we sometimes blame ourselves. Listen to a therapist explain some causes of explosive behaviour and strategies that support parents and teens. (Online Events)

Dates & Times:

March 4, 5, 6, 11,& 25th 6:30 pm - 8:00pm

March 12, 12:00 pm - 1:30 pm

Watch Now: <https://youtu.be/USkd1QIeNdc?si=GF4rJik-GH0IjYIb>

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

(2) Help For the Hard Times Workshop - for parents and caregivers whose children have been at the **ER or have had a hospital stay** for mental health or substance use issues.

Details for 1-hour Workshops:

Session 1: How to support a safety plan at home (Part 1)
Session 2: How to support a safety plan at home (Part 2)
Session 3: How to take care of yourself and your family after a crisis

Session 4: How to find the resources you need

Dates: Offered every month at various times

Cost: Free of Charge

For more information and registration please visit: www.familysmart.ca/workshops

(3) Open House Session For Professionals - Help For The Hard Times:

Join this information session to learn more about Help for the Hard Times and how you, as a healthcare provider, service provider, educator, police/RCMP, can help connect families to this free workshop.

The Help for the Hard Times workshop series provides a framework for parents/caregivers to consider as they support their child after a crisis. The workshops include practical strategies, tips and tools that support caring, connected relationships.

Help for the Hard Times was created by parents with lived experience, working in a clinical setting on the integrated team at Surrey Hospital's Child and Adolescent Psychiatric Stabilization Unit.

Date & Time: Wednesday March 26th 12:00pm- 1:00pm

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

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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.

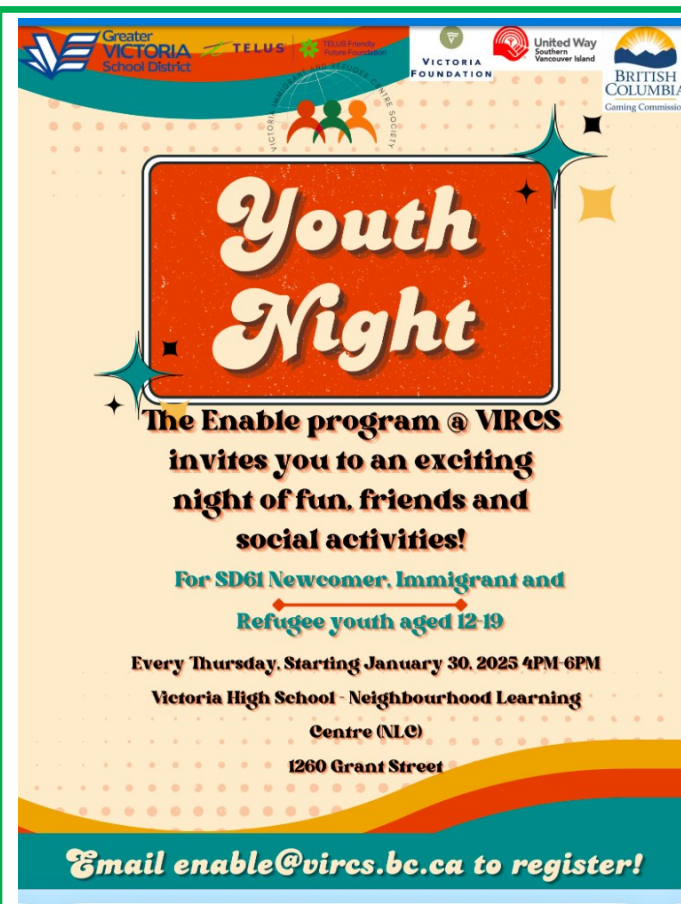
Here is the link to School Cash Online to make your order:

<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

Saanich
 PARKS, RECREATION & COMMUNITY SERVICES

STORIES & SLIME YOUTH BOOK CLUB


AGES 11 - 15



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

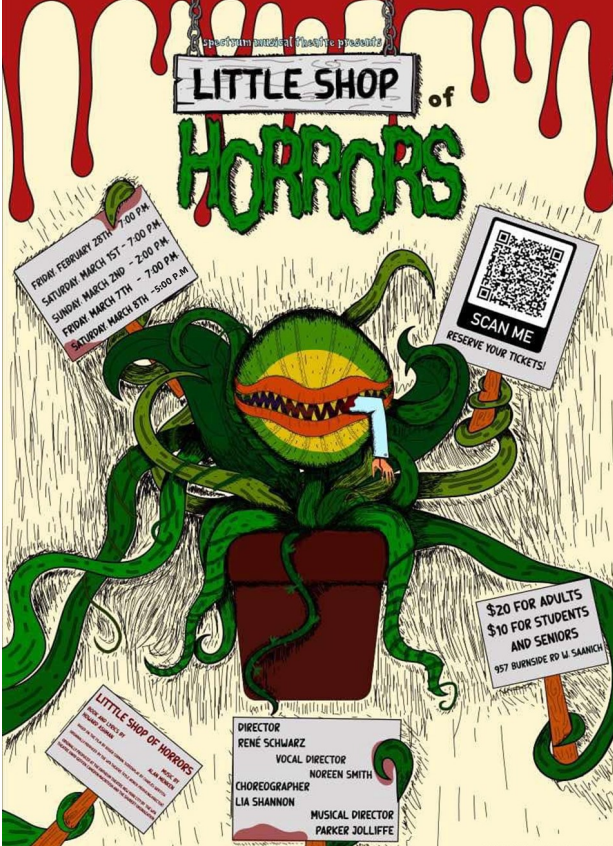
@ The Flipside Youth Centre
 G.R. Pearkes Recreation Centre

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

LITTLE SHOP of HORRORS



FRIDAY FEBRUARY 28TH - 7:00 PM
 SATURDAY MARCH 1ST - 7:00 PM
 SUNDAY MARCH 2ND - 2:00 PM
 FRIDAY MARCH 7TH - 7:00 PM
 SATURDAY MARCH 8TH - 5:00 PM

SCAN ME
 RESERVE YOUR TICKETS!

\$20 FOR ADULTS
 \$10 FOR STUDENTS AND SENIORS
 197 BURNSIDE RD W SAANICH

LITTLE SHOP OF HORRORS
 MARCH 1ST - 8TH
 7:00 PM
 197 BURNSIDE RD W SAANICH

DIRECTOR: RENE SCHLAERZ
 VOCAL DIRECTOR: NOREEN SMITH
 CHOREOGRAPHER: LIA SHANNON
 MUSICAL DIRECTOR: PARKER JOLLIFFE

POSTER MADE BY WYNONA DE LEON