

next week at colquitz

friday, February 7, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

The star of the show this week was... surprise, surprise: SNOW! And of course, the most coveted day by all children: the SNOW DAY on Tuesday. (Maybe not so much by parents!) Snow brought fun and a Snow Person/Sculpture contest—the winner was the Snow Dog, with the Snow People with Props a close runner-up. More fun was had on Thursday, which was “Dress Like You’re 100” Day to celebrate the 100th Day of School.

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



next week at a glance

- Monday, Feb 10 •
- Tuesday, Feb 11 •
- Wednesday, Feb 12 •
- Thursday, Feb 13 • **Last date for Kindergarten to Grade 12 Student Transfer Process**
- Friday, Feb 14 • Pro D Day (**No School today**)
• *Palentine's Day*

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upcoming important dates—*mark your calendars!*

February 10 – 13, 2025	Kindergarten to Grade 12 Student Transfer Process
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)
Tuesday, February 25	Shivratri
Wednesday, February 26	Pink Shirt Day
Friday, February 28	Ramadan Begins
Monday, March 3	CPAPA Meeting @6.30pm

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	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
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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 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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Vice-Principal Survey coming Wednesday, February 12th

As part of the personal professional growth for vice principals in SD61, all vice principals who are in their second year or more of their current assignment will be undergoing a performance appraisal. An important part of that process is receiving feedback from staff and families.

On **Wednesday, February 12th**, a link will be emailed to all families to provide feedback to our Vice-Principal, Sarah Elford. We appreciate your taking the time to complete it.

Your responses are important in assisting her with her professional growth. The survey should take approximately 15 to 30 minutes to complete, and your answers will be completely anonymous.

The survey will remain open until Wednesday, February 19th.

We appreciate your feedback and insights.



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/>

Colquitz Family Hockey Night

Colquitz Family Hockey Night is here again! I'm excited to invite all students, staff, and their families to cheer on the Jr. Victoria Cougars on Thursday, February 13 at Archie Browning in Esquimalt.

Puck drop is at 7:00, but if you arrive between 6:30 and 7:00 you will receive a raffle ticket for a chance to win prizes. Admission is free for all Colquitz families. Please note that this is a family event and all students must be accompanied by an adult. Info sheets were sent home.

If you would like another one or have any questions, please email me at mgoldman@sd61.bc.ca

Go Cougars!



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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 10-14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - PRO-D Day
Before school	Girls 6 rec volleyball practice 7:15	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	Lisa's 8's practice	*Possible exhibition game gr 8 boys @ St A	*Possible exhibition game gr 8 boys @ St A	Gr 6 boys jamboree OR **Gr 8 practice/ exhibition game	
Competition	Boys 7 $\frac{1}{2}$ Blue Game @ Spencer Boys 7 $\frac{1}{2}$ White @Brookes	Gr 6/7 Girls Rec game @ Colquitz	Girls 8 White Game @Colquitz Girls 7 Blue game @ Colquitz Girls 7 $\frac{1}{2}$ rec team @ Monterey		

**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. Sign up in the office by the end of February.

Anyone interested please sign up in the Colquitz 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.
- 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!
- Tour Forms are due this week, on February 12th.
- The final payment will also be up and due on February 12th.

Updates for band this week:

February 10-16 is Week 21 of practice. (or week 4 on a new practice card!)

Practice is next due on Wednesday, February 26th



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.

Band Updates:

Band 7/8 Playing at the Cougars Hockey Game on Feb 13th:

The call time is 6:20 pm at Archie Browning Sports Centre (1151 Esquimalt Rd, Victoria, BC V9A 3N6). Please make sure students have their instruments, music for O Canada and Hockey Night in Canada in their black folders. We will play right at the beginning of the game at 7pm.

If anyone is able to help transport percussion, please email Katherine Forster.

Term Check-ins:

Term Check ins were due on Thursday, February 6th. Students must complete their check-in to not have to stay for CC day. Students may submit a video or come see Ms. Forster during nutrition break or lunch recess to complete their check-in. All information is available on google classroom.

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

<https://www.colquitzfinearts.weebly.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 10th at 6:30pm in the Art room!



- ⇒ 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.
- ⇒ Parents interested in learning more about Musical Theatre, the production, and how they can help, and support can attend our first meeting on Monday Feb 10th at 6:30pm in the Art room, come join the fun!

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) February - ADHD - The Real Deal

Join us in watching a video by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. **Speaker:** Dr. Don Duncan, Child and Adolescent Psychiatrist

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

Watch Now: <https://youtu.be/A9Vpmh7iHbc?si=yGjf5dylRvtzcOak>

(3) February - For Families: A Conversation About Eating Disorders

Families do not cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, parent, and Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie's Legacy Rylee McKinlay, Youth with Lived Experience Terri McKinlay, Parent with Lived Experience

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

Watch Now: https://youtu.be/KMvvWz89YE8?si=kDFBAyO-ND_VxK1F

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

YEY FOUNDATION

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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](https://www.instagram.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 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.schoolcashionline.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

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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



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



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



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

Youth Night

The Enable program @ VIRECS 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!