

next week at colquitz

friday, march 14, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

We had a busy end to Term 2 here at Colquitz.

The week was full of field trips to places like Flipside at Pearkes, fun days like Staff vs Students Volleyball (see page 3), and Dress Like a Teacher Day (which staff then "Dressed like a Student" as a surprise!)



Some of our grade 7 and 8 students completed their Together in Stride program at VTRA (Victoria Therapeutic Riding Association), and grade 8s enjoyed a dance / movie/games afternoon today. (Also see page 3)



Please remember to review your child's Learning Update with them through Parent Connect tonight! It's important for their learning to reflect on how they did, how they can improve, and set goals for themselves for Term 3. Your support with this is appreciated.

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

- Carrie Schlappner, Principal



next week at a glance

Monday, Mar 31

- **Spring Break ends (School Re-opens)**
- *International Transgender Day of Visibility*

Tuesday, Apr 1

- *April Fool's Day*

Wednesday, Apr 2

- *World Autism Awareness Day*

Thursday, Apr 3

-

Friday, Apr 4

- Indigenous Student Lunch

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upcoming important dates—*mark your calendars!*

Monday, April 7	World Health Day CPAPA Meeting @ 6.30pm
Monday, April 14	Vaisakhi/Baisakhi
Tuesday, April 15	PAC Meeting @ 6.30pm in Library
Friday, April 18	Good Friday (No School)
Monday, April 19	Easter Monday (No School)
Tuesday, April 22	Earth Day
Wednesday, April 23	International Admin Assistants Day Yo HaShoah Student-Led Conferences starting at 2:30pm-6:30pm

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.**

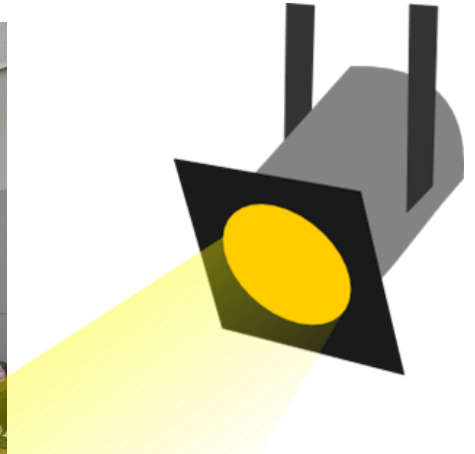
This is the best way to ensure we get the message and a call-out does not go out to you in error.

Thank you

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Spotlight on Experiences



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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

Mar 31-Apr 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Before school				VB practice 7:30 girls 8	
Lunch practice		Track and field meeting	Rugby Recreational Badminton	Rugby	Gr 8 Girls Comp vs Gr 8 boys comp game.
After school practice		Badminton Practice 3-4:30		Badminton Practice 3-4:30	
Competition					

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

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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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.


- ♦ 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>



VICCIR
VANCOUVER ISLAND COUNSELLING CENTRE
FOR IMMIGRANTS AND REFUGEES

VALUES AND INCLUSION THROUGH SPORT

Snacks Included

TUESDAYS AT 3:45-5:45
MARCH 11, 18, 25
APRIL 1, 8, 15

DATE

Learning cooperation through games, teaching mindfulness, and building self-identity.


13-15 Years Old
\$5 Per Session

Limited Space

Location: Victoria High
1260 Grant St, Victoria, BC V8T 1C2

Registration Link: <https://forms.office.com/r/ysdK5mbdxR>
Deadline to register is March 9th

Contact for More Info: 778-990-0813, gfu@viccir.org



VICCIR
VANCOUVER ISLAND COUNSELLING CENTRE
FOR IMMIGRANTS AND REFUGEES

Grupo de Apoyo y Conexión

Objetivo: Desarrollar un espacio seguro para compartir experiencias y aprender juntos estrategias para favorecer el bienestar emocional.

- MINDFULNESS
- ARTE
- NARRACIÓN
- CONEXIÓN

ESPACIO LIMITADO!
Fecha límite para registro: 15 de Marzo del 2025

QUIEN? Mujeres mayores de 20 años.

CUANDO? Duración 8 semanas iniciando el 18 de marzo del 2025

- Martes de 11:00 am-12:30 pm
- Miércoles de 4:30 pm-6:00 pm

DONDE? Online a través de Zoom.

COMO? Para más información: smontiel@viccir.org o hbowie@viccir.org

- Registrarse utilizando el QR

COSTO
\$ 35 CAD



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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!**



WORLD CUPS FESTIVAL
\$1000
SCHOOL CHALLENGE
THE SCHOOL WITH THE MOST REGISTRATIONS WINS \$1000

STEP 1: SIGN UP AT:
WORLDCCUPS 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

STEP 4: WE'LL DECLARE A WINNER THE DAY OF THE FESTIVAL

www.worldcups.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 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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'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 25th 6:30 pm - 8:00pm

Watch Now: <https://youtu.be/USkd1QleNdc?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.schoolcashonline.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 (Subway) and Thursdays (Pizza) at colquitz@sd61.bc.ca or call 250-479-1678.



WARRIORS GIRLS BASKETBALL

CURRENT
GRADES 4-7

SPRING
SKILLS

LIMITED
SPOTS!!

APRIL/
MAY

MON
7 - 8:30 PM

\$200

REGISTRATION REQUIRED:
www.warriorsgirlsbasketball.ca

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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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

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

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



SPRING

ULTIMATE

U13 TUESDAYS
U15 WEDNESDAYS
PICK UP SUNDAYS

STARTS APRIL 8TH
VUPS.BC.CA/YOUTH

PRESENTED BY HELIX ULTIMATE

H