

next week at colquitz

friday, april 25, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

May is already a busy month, with the kickoffs of Mental Health Awareness Month, Jewish Heritage Month, and Asian Heritage Month.

We plan on doing activities around all of these throughout the month, including the Mental Health Awareness activities on the calendar in this newsletter.

We are beginning the month with focusing on supporting our Filipino students and families in the wake of the Vancouver tragedy at the Lapu Lapu festival, which saw 11 people killed and many more injured. The Culture Club created a display for staff and students to share messages of care, support and encouragement. Thank you to all who participated.

The display is in part inspired by the "Filipino Spirit of Bayanihan".

As explained by one of our staff members, Manny Ilao, "*Bayanihan*" is one of the most important values in Filipino culture. It essentially means the Filipino spirit of community, cooperation and camaraderie.

Bayanihan inspires Filipinos to help one another, especially those in need, without any expectations of material rewards and contributes to the strong sense of community that the Philippines is known for. It's a testament to the strength and spirit of Filipinos and putting others before ourselves.

May we all use this as inspiration to reflect on our own contributions to our community and how we can be there for each other every day.

Enjoy the weekend with your family and friends—especially this sunshine!
- Carrie Schlappner,
Principal



next week at a glance

- | | |
|------------------|--|
| Monday, May 5 | <ul style="list-style-type: none">• Red Dress Day• CPAPA Meeting @ 6.30 pm |
| Tuesday, May 6 | <ul style="list-style-type: none">• Grade 6 immunizations |
| Wednesday, May 7 | <ul style="list-style-type: none">• Theatre Pull-out begins |
| Thursday, May 8 | <ul style="list-style-type: none">• |
| Friday, May 9 | <ul style="list-style-type: none">• |

next week at colquitz

friday, may 2, 2025

upcoming important dates—mark your calendars!

Tuesday, May 13

Gr 6 Immunization catch ups

Thursday, May 15

Moosehide Campaign Day

District Transition Day—Early dismissals of Grade 8's

Friday, May 16

Pro D Day **(No School for students)**

Monday, May 19

Victoria Day—No School

Tuesday, May 20

PAC Meeting @ 6.30 pm

Wednesday, May 28

Theatre Pull-out ends

Monday, June 2

Musical Dress Rehearsal

Friday, June 6

Early Dismissal @ 11.45 am

Saturday, June 7

Eid al-Adha

May Mental Health Awareness

Hello Colquitz Community,
In recognition of Mental Health Awareness Month in May, we are offering various fun student activities throughout the month to promote mental wellness. Thank you to Pearkes for their support! Please check out the calendar for more information and encourage your student to join in.

Colquitz May Mental Health Awareness Month Student / Family Calendar				1	2 Cultural Connections 12:30 / 1:15 Beading with Oceanloverjen
5 Exercise & Connection Lunch recess: Outdoor games on the soccer field with Pearkes.	6	7	8	9	
12 Pride Week Self-Care Lunch recess: Yoga in the gym with Pearkes.	13 Creativity Lunch recess: Pride Week Craft in the Home Ec Room	14 Pride Parade and dance party outside @lunch recess.	15 Connection District Transition Day Afternoon	16 ProD Day - No School	
19 Victoria Day 	20	21 Exercise & Connection Lunch recess: Outdoor games on the soccer field with Pearkes.	22	23	
26 Creativity Lunch recess: Craft in the library with Pearkes.	27	28 	29	30	

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

May 5-9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school		Kiet 6/7 girls volleyball 7:00-8:10 am	Boys Basketball Open Gym 7-810	VB practice 7:30 girls 8	
Lunch practice	T & F practice Soccer field - Pearkes outdoor games	T & F practice	Track and Field Practice LJ/TJ Rugby	Rugby HJ in gym	
After school practice	Mtn Biking		T & F practice		
Competition		Boys 6/7 Rugby @ Bayside Middle School		Track Meet 1 @UVIC Boys 7/8 Rugby @ Bayside Middle School	

We are looking for community coaches who can help with track and field

please contact
Christine Crljenkovic
ccrljenkovic@sd61.bc.ca



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MUSIC

Important Information:

We had a great time on the tour last weekend!

Please read the emails that Katherine Forster sent out! One is normal weekly update, one for help and one for the parade.

We are looking for parent/guardian help for the parade and the festival. Please see Katherine Forsters email.

Band Schedule: See changes for Thursday and Friday.

Tuesday: Jazz Band 7:40 am

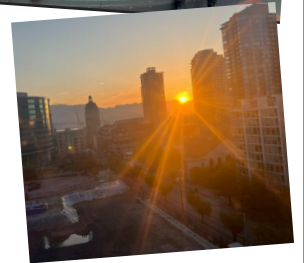
Wednesday: Band 6 COMBINED (All instruments, amber AND green pod) at 740 am. Last rehearsal for combined band 6 in preparation for festival.

Thursday: MARCHING BAND at 7:40 am. Jazz band will be CANCELED due to grade 6 band festival
Band 6 will be attending the festival from late morning to early afternoon. (exact times to come soon)

Friday: MARCHING BAND at 7:40 am. Instruments (and flags, sticks, marching drums, etc) MUST come home today for the parade tomorrow.

If students do not have their instruments, they are expected to still come to class.

All other information about Fine Arts can be found at our website:
<https://www.colquitzfinearts.weebly.com/>



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 any questions please contact Megan Schuring at
mschuring@sd61.bc.ca

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Musical Theatre Calendar

MAY/JUNE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 Lunch: Don & Kathy After school: Scene 7 (Movie studio)	2 Lunch: TBD	3
4 SUNDAY REHEARSAL 1:00 – 4:00 FULL RUN	5 Lunch: CREW After school: Scene 4 (RF's party: speaking characters only)	6 Lunch: Scene 6 (before Make 'em) After school: Scene 12 (people on the street)	7 THEATRE PULLOUT 1:45-4:15 "Broadway Melody"	8 Lunch: TBD After school: "Make 'em Laugh" (people in the movies)	9 Lunch: TBD	10
11 Mother's Day	12 Lunch: CREW After school: Chorus Girl scene review	13 Lunch: Scene 14 After school: Scene 18 (no ensemble)	14 THEATRE PULLOUT 1:45-4:15 "Broadway Melody"	15 Lunch: TBD After school: Scene 15	16 PRO-D	17
18	19 VICTORIA DAY	20 Lunch: CREW After school: Review Don, Kathy, Cos	21 THEATRE PULLOUT 1:45-4:15 FULL RUN	22 Lunch: TBD After school: TBD	23 Lunch: TBD	24
25 SUNDAY REHEARSAL 1:00 – 4:00 FULL RUN	26 Lunch: Review solos After school: Run Act 1	27 Lunch: Review Duets After school: Problem scenes	28 THEATRE PULLOUT 1:45-4:15 FULL RUN	29 Lunch: Review Trios After school: Run Act 2	30 Lunch: Crew final meeting	31
1 FULL DRESS rehearsal AT COLQUITZ: 12 – 4pm	2 Show week! Dress and Tech 3 – 10pm AT SPECTRUM	3 Show #1 6 – 10pm AT SPECTRUM (show starts at 7:30pm)	4 Show #2 6 – 10pm AT SPECTRUM (show starts at 7:30pm)	5 NO SHOW TONIGHT!!!	6 Show #3 6 – 10pm AT SPECTRUM (show starts at 7:30pm)	7 Final night! 6 – 10pm AT SPECTRUM (show starts at 7:30pm)

FULL CAST MUSICAL SUNDAY REHEARSAL THIS WEEKEND FROM 1:00 - 4:00PM EVERYONE IS CALLED.

4 WEEKS UNTIL SHOW TIME!!!!!!

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National Child & Youth Mental Health Day Events

Join us for three special online events to celebrate National Child & Youth Mental Health Day. These conversations bring together parents, caring adults, and experts to share experiences, insights, and practical ways to support the mental health of children and youth.

1. FINDING & CREATING CONNECTION WITH KIDS

Tuesday, May 6, 2025, 6:30pm – 7:30pm (PST)

Connecting with kids can feel challenging, especially when they are struggling with their mental health. Whether we are a parent or a caring adult in a young person's life, what we say and do matters. Simple, caring conversations and shared moments—no matter how small—can have a meaningful impact.

Join us online for a candid conversation with parents who have navigated these challenges firsthand. They'll share their experiences, struggles, and the ways they've found to stay connected—even when it feels impossible. These parents are also Family Peer Support workers, offering guidance to other families facing similar journey.

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

2. SUPPORTING KIDS WITH SUBSTANCE MISUSE

Wednesday, May 7, 2025, 6:30pm – 7:30pm (PST)

As parents and caregivers, how we talk about substance use shapes how young people see it. This session explores insights from those with lived experience, offering ways to support without judgment.

Topics We'll Cover:

- Strength-Based Conversations – Focusing on resilience over challenges
- Deficit-Based Thinking – Recognizing and reframing unhelpful narratives
- Trauma-Informed Language – How words shape understanding and healing
- Boundary Setting – Why it's so hard and how to navigate it
- Taking Care of You! – Prioritizing your well-being while supporting others

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

(3) SUBSTANCE USE AND THE POWER OF SUPPORT

Thursday, May 8, 2025, 6:30pm – 7:30pm (PST)

Fear is often the loudest emotion when our kids are involved in substance use—but what if we led with care instead? Join us online for an important conversation with Guy Felicella, a renowned advocate and speaker, as he shares how connection and relationship can make a difference in substance use and addiction. Learn how we can show care not just for our kids, but for the broader community impacted by substance use disorder.

Guy Felicella is an international public speaker and advocate for drug policy reform. Overcoming a two-decade substance use disorder, he has turned his life around after years of homelessness, gang involvement, and surviving overdoses in Vancouver's Downtown Eastside. Now, Guy passionately promotes harm reduction, trauma therapy, and faster access to treatment, using his story of resilience and recovery to inspire others and push for compassionate drug policies and addiction support.

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

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May 7th



May 7th is National Child and Youth Mental Health Day and we want to celebrate by bringing us all together to do some **learning around** how we can **create caring connections with our kids** when their mental health or substance use becomes a barrier to us connecting.

We know the impact that having caring connections can make on our kids and the caring adults in their lives.

Join us for three online events May 6, 7, and 8th

Free Online Events

SUPPORTING KIDS WITH SUBSTANCE MISUSE

A Conversation With *Together We Can*

Wednesday, May 7, 2025 6:30pm - 7:30pm (PST)

REGISTER
NOW



Register for this free online event

SUBSTANCE USE AND THE POWER OF SUPPORT

A Conversation With *Guy Felicella*

Thursday, May 8, 2025 6:30pm - 7:30pm (PST)

REGISTER
NOW



Register for this free online event

FINDING AND CREATING CONNECTION WITH KIDS

A Conversation With *Parents*

Tuesday, May 6, 2025 6:30pm - 7:30pm (PST)

REGISTER
NOW



Register for this free online event

Ways to Get Involved

For Parents & Caregivers

- Join us online for our upcoming events
- Start conversations that help kids feel heard and understood
- Use our Say, Don't Say Cards and conversation guides to support connection at home.
- Create small moments of connection to show them how much you care

For Educators & Schools

- Plan classroom activities that build connection and support student mental health.
- Share messages of care and create space for students to express themselves.
- Display May 7 posters and resources to raise awareness school-wide.

For Community Members & Organizations

- Share the May 7 Message on social media and in your networks
- Host a conversation event or activity focused on connection and care
- Encourage schools, groups and families to participate

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TRI-SPHERE TRAINING

SUMMER BASKETBALL CAMPS



Skills and Development Camp:

July 21st – 25th

Game Ready Camp:

August 11th – 15th

COACHED BY:

ETHAN BOAG

5th Year Captain of UVIC Vikes
Mens Basketball Team



8-11 YEARS OLD

Boys & Girls
9.00 AM – 12.00 PM

12-15 YEARS OLD

Boys & Girls
1.00 PM – 4.00 PM

To register or for more
information please contact:

250-896-4875
edboag@gmail.com

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.



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.

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

A SUBSIDY OF PLAY • FOREVER CANADA



School District 61

3 on 3 After School Basketball League

All Skill Levels Welcomed



Sign Up Here!



Reversible Jersey Included
Grades 6-8

Mentor Message ★
Pizza + Drink

Victoria High School Gym
Meet Retired UVIC Players

Fridays, 7-9 PM
April 25 - June 6

Contact: Sean Powell spowell@sd61.bc.ca