

# next week at colquitz

friday, september 19, 2025

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

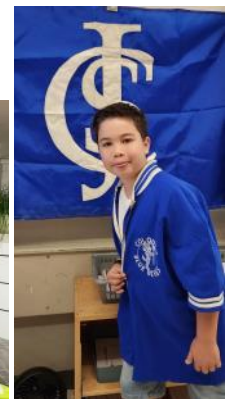
It was a another beautiful, sunny, and busy week at Colquitz!

We started on Monday with our first Fire Drill, our first PAC meeting on Tuesday night, and then Photo Day and Meet the Teachers on Wednesday! Many thanks to all of the family members who joined us for the Open House. It was wonderful to meet and talk with so many of you!



Thursday was Spirit Day, and then today we had a visit from the Victoria Cougars Hockey Team at lunch. One student from each division played against them in an exciting, fast-paced game. Several of our students scored! (We won't dwell on who won ;) ) Thank you to all of the staff who helped supervise.

On Monday, our Drum Circle was invited to drum at the National Principals and Vice Principals Association meeting at the Delta Hotel. Many thanks to our Drum Stewards, Jane Spies and Heidi James who led this, and the parents who helped drive. And, of course, we are so proud of our students for performing so well.



Please don't forget that Monday is a Pro\_D Day—so NO SCHOOL FOR STUDENTS! The week after on the Tuesday is the National Day for Truth and Reconciliation, otherwise known as Orange Shirt Day. This year, we are welcoming families to join us for our Assembly on Monday the 29th at 9am.

Have a wonderful sunny week-end with your friends and family.

- Carrie Schlappner, Principal



## next week at a glance

Monday, Sept 22

- **Pro D Day (NO SCHOOL)**
- *Rosh Hashana Begins*

Tuesday, Sept 23

- *International Day of Sign Languages*
- *Bi Visibility Day*

Wednesday, Sept 24

- *Rosh Hashana Ends*

Thursday, Sept 25

- Indigenous drumming @8.20am in foyer (everyone welcome, no experience required)

Friday, Sept 26

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## upcoming important dates—mark your calendars!

Monday, Sept 29	National Day for truth & Reconciliation (NDTR) Observed Orange Shirt Day NDTR Assembly at 9am—Families welcome to attend
Tuesday, Sept 30	National Day for truth & Reconciliation— <b>(NO SCHOOL)</b>
Monday, Sept 6	CPAPA Meeting @ 6.30pm
Friday, Sept 10	World Mental Health Day
Monday, Sept 13	Thanksgiving — <b>(NO SCHOOL)</b>
Thursday, Sept 16	Great Shake out
Monday, Sept 20	Yom Kippur



*Farm Fresh Apples For Sale*

**FRESHLY PICKED**  
OKANAGAN APPLES

DON'T MISS OUT!

**COLQUITZ PAC HARVEST APPLE FUNDRAISER**

The most delicious fundraiser is BACK!  
Once again we have partnered up with Sun-Oka Fruit Farms to sell their scrumptious fresh-picked apples.

**Orders due by October 6th**

Apples will be available for pick up October 22nd

SCAN HERE TO ORDER

## PAC FUNDRAISER

### Colquitz PAC Harvest Apple Fundraiser

**\*\*Order deadline is Monday  
October 6th and the apples will be  
ready for pick up on Wednesday  
October 22nd.\*\***

Link for ordering:

[https://fundraising.sunokafruit.com/seller\\_1/090334146/org-campaign/colquitz-middle-school-harvest-2025](https://fundraising.sunokafruit.com/seller_1/090334146/org-campaign/colquitz-middle-school-harvest-2025)

*Reporting*

Absences



**Please email [colquitz@sd61.bc.ca](mailto: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](https://docs.google.com/document/d/1ii_RjwQmRWcUiQaguArHIQ6Mj882QdROC2rNWcV1Q5k/edit?usp=sharing)

**We are looking for basketball coaches for our grade 6's boys and girls! Please contact Christine Crljenkovic at [ccrljenkovic@sd61.bc.ca](mailto:ccrljenkovic@sd61.bc.ca) if you are able to help!**

### Weekly Calendar

Sept 22-26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	PRO-D				B-ball with Jesse 7:30 gr 7 boys
Lunch practice			X-country practice	Ultimate	Touch rugby practice
After school practice		Ultimate		Mountain biking @ Harland 3:30 - 5pm	
Competition		Touch Rugby Shoreline 3:45-5:45	Ultimate game	x-Country @ Lambrick Field	





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## MUSIC

Grade 6 students and parents guardians, please see the email sent from Ms. Forster ! There is A LOT of information for grade 6's that is not in the newsletter.

⇒ Please make sure your student joins the band google classrooms! All registered band students have been invited.

- Please make sure your students instrument has their first and last name on the case near the handle and on one (or both) ends.
- **Tour info night on September 24th will be postponed until more information is available. Please keep an eye out for updates!**
- Summer rentals need to be signed out with a rental form from Ms. Forster ASAP.

## **SCHEDULE:**

Please make sure your student has their instrument and folder for all classes from now on!

### **Tuesday:**

**BAND 7/8 at 7:40 am,**  
8:54 am: Band 6 Green  
9:36 am: Band 6 Orange  
Lunch: Jazz Band

### **Wednesday:**

**Band 6 Brass and Percussion**  
**(Trumpet, French Horn, Trombone, Percussion) at 7:40 pm.**  
(If your student does NOT play one of these instruments, they do NOT need to attend this class)  
10:33 am: Band 7  
11:15 am: Band 8

### **Thursday:**

**JAZZ BAND at 7:40 am**  
8:54 am: Band 8  
9:36 am: Band 6 Green  
10:33 am: Band 7  
11:15 am: Band 6 Orange

**Reminder: If students do not have their instrument/ music, they are still expected to show up to class.**



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## Fall Play



**Auditions are now complete and casting the show has begun!**

There will be a Parent Information Night on Monday September 22<sup>nd</sup> in the Art room at 6:30pm for parents and families that would like to know more about the show and how they can help us make it an amazing event! Come with your questions and enthusiasm! Cast list will be posted at school and in the google classroom for theatre after school on Tuesday, and rehearsals begin with a full cast read through after school on Wednesday. It's going to be fun!

**If you have questions and are unable to attend on Monday night, please feel free to send an email to [cmackenzie@sd61.bc.ca](mailto:cmackenzie@sd61.bc.ca)**

## PAC Announcement

Thank you to everyone who attended the first PAC meeting of the year!

⇒ Past minutes can be found here: [CMS PAC Minutes](#).

⇒ Sept minutes will be posted soon!

**The Chair and Vice Chair positions remain vacant.**

If you are interested in the position or information, please contact Leanne ([koppleanne@gmail.com](mailto:koppleanne@gmail.com)) and/or Serena ([SerenBirkSamra@gmail.com](mailto:SerenBirkSamra@gmail.com))

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## FAMILY SMART

**FamilySmart** is offering a range of free resources, workshops, and events this month designed to support parents and caregivers of children and youth experiencing mental health or substance use challenges. Please see below for details and registration information.

💬 Monthly Event: Emotion Regulation

Join us for a video presentation and discussion with **Nicole Allen**, Clinical Counsellor at Fraser Health's START Program.

📅 **Event Dates:** 3 sessions available this month

👤 **Facilitated Discussion:** Led by a FamilySmart Parent Peer Support Worker

🔗 **Register Here:** [familysmart.ca/monthly-events](https://familysmart.ca/monthly-events)

▶️ **Watch the Video Now:** [Emotion Regulation – Nicole Allen](#)

💖 Peer Support for Families

I'm available to connect via **video chat, phone, or email** to:

- Listen and understand your current challenges
- Offer emotional support
- Share local resources and services tailored to your family's needs

📅 **Book a free session with me:** <https://lisa-tate.youcanbook.me/> **Telephone:** 250- 940-6105

✅ No waitlist & no cost.

📖 Explore More Topics

We host monthly online events with expert speakers and offer space for discussion and connection.

📌 **Sign up here:** [FamilySmart Monthly Events](#)

📺 **Watch previous topics:** <https://familysmart.ca/videos/>

🏠 Help for the Hard Times

A monthly workshop for families whose child or youth has:

- Been a patient at Victoria General or Royal Jubilee Hospital, or
- Visited the ER for mental health or substance use concerns.

💡 **Learn more:** <https://familysmart.ca/help-for-the-hard->

[times-workshop/](#)

💰 Free resource for families.

👤 **Circle of Security – Free 8-Week Workshop**

This workshop supports parents and caregivers to:

- Understand and respond to a child's emotional needs
- Support emotional regulation
- Strengthen self-esteem and healthy development

📅 **Next Session Starts:** Tuesday, October 7th

🕒 **Time:** 10:00–11:30 AM

📍 **Location:** 345 Wale Rd, Boardroom

✉️ **Register by contacting:** **Melissa Henderson** - [mhenderson@thrivevictoria.org](mailto:mhenderson@thrivevictoria.org) or/ **Reachelle Wolfe** - [rwuolle@thrivevictoria.org](mailto:rwuolle@thrivevictoria.org)



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## For Parents: BGC Parenting Programs

### 1. Parents Together (Online - Ongoing)

A supportive online group for parents of pre-teens and teens.

#### Topics include:

- Attachment & relationship-based parenting
- Communication and the 6 critical messages
- Developmental changes in pre-adolescence
- Adolescent brain development
- Boundaries and turning over responsibility
- Self-care for parents
- Teen mental health & substance use

**When:** Tuesdays, 12:00 PM – 1:30 PM (ongoing)

**Where:** Online

**Cost:** Free

**Register Here:** <https://bgcsvi.org/programs/parenting/>

### 2. Parents In The Know (In-Person - 10 Weeks)

A more in-depth, structured group experience focused on parenting teens.

**Start Date:** Monday, September 23, 2025

**Time:** 6:30 PM – 8:30 PM

**Where:** In person (Location details provided upon registration)

**Cost:** Free

**Register Here:** <https://bgcsvi.org/programs/parenting/>

## For Teens (Ages 13–18): Y-Minds Teen Group

Is your teen struggling with:

- Stress, anxiety, or social pressure?
- Perfectionism or comparison culture (e.g. on social media)?
- Self-doubt, tough emotions, or questions about their future?

**Y-Minds** is a **free early-intervention program** that helps teens:

- Build awareness and resilience
- Develop self-compassion and emotional flexibility
- Clarify what matters to them

- Connect with peers in a supportive space Bonus: Participants receive a **free workbook and gym membership!**

### Information Sessions:

#### Victoria Location

Oaklands Community Centre or Downtown Y (TBA)

Wednesdays, Sept. 24 & Oct. 1

6:15 PM – 8:15 PM

#### Westhills/Langford Location

202-1314 Lakepoint Way

Tuesdays, Sept. 16 & Sept. 23

5:45 PM – 7:45 PM

### Program Dates:

#### Victoria Group:

Wednesdays, Oct. 15 – Nov. 26

6:15 PM – 7:45 PM

Oaklands Community Centre

#### Langford Group:

Tuesdays, Oct. 7 – Nov. 25

6:00 PM – 7:30 PM

202-1314 Lakepoint Way, Westhills

### Information & Registration: [Y MIND PROGRAM](#)

These programs are a fantastic way for both parents and teens to gain tools, find support, and connect with others.



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## Teen and Youth Groups happening, HELP US FILL THEM!!

Hi everyone!

Worried about fitting in? Being a teenager is tough. This program is designed to help them navigate it with strength. They can learn how to be true to themselves. Unlock their potential so they can thrive.

They can join us this fall, meet like-minded peers, be guided by trained mental health professionals and get a free workbook and a gym membership. They might even have some fun! 😊

This is a much-needed program and yet we struggle to fill the groups. Any support you can provide by sharing and keep in mind, creative artists, high achievers, and athletic performers. Anyone who is experiencing a life transition, school change, parents divorcing, school to work, new to the area, etc. **This group is not intended for people who experience high levels of anxiety.** Although family members of clients with higher levels of anxiety and other mental health challenges could benefit.

We do individual intakes after the info sessions to determine if the group is a good fit.



⇒ Victoria location: Wednesdays September 24 and October 1, 2025 (Oaklands Community Centre or Downtown Y (TBA) at 6:15 to 8:15 pm.

The group will run on Wednesdays October 15- November 26, 6:15-7:45 pm at Oaklands Community Centre.

⇒ Westhills/Langford location: 202-1314 Lakepoint Way on Tuesdays September 16 and September 23, 2025, from 5:45 pm – 7:45 pm.

The group will run on Tuesdays October 7- November 25, 6-7:30 pm, same location.

**Please contact me with any questions. Here is a link to our website for more information and to register for one of our information sessions:**

[Y MIND PROGRAM](#) or use the QR code:





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## Truth & Reconciliation Day - Youth Workshops

Join us at the Victoria Native Friendship Centre (VNFC) for FREE workshops leading up to National Day for Truth & Reconciliation. No Registration Required - Just show up!

**Workshop dates:**  
September 23<sup>rd</sup> (Tuesday) and 25<sup>th</sup> (Thursday)  
5:00-7:00 PM

### Orange Shirt Workshop

Join us for a hands-on workshop to design and stencil your own orange shirt in honor of National Day for Truth and Reconciliation. Shirts and supplies are provided.

### Beading workshop

Join us for an Indigenous beading workshop where participants will create handmade orange shirt pins in honor of Truth and Reconciliation day, guided by a renowned local Métis artist.

Both workshops take place at the Victoria Native Friendship Centre, Located at 231 Regina Ave.

Tyler.smith2@saanich.ca    Marcus.m@vnfc.ca

## PEARKE'S YOUTH CENTRE (FLIPSIDE)

### WEEKLY CALENDER

10-17yrs

**Sept-Dec 2025**

Monday	Tuesday	Wednesday	Thursday
<b>After School Drop-in</b> 3:30-5:30PM (FREE) <b>Girls on the Go - Girls Group</b> 6:00 - 8:00 PM (FREE)	<b>After School Drop-in</b> 3:30-5:30PM (FREE) <b>Magic: The Gathering Club</b> 6:00 - 8:00 PM (FREE)	<b>After School Drop-in</b> 3:15-5:15PM (FREE) <b>Pearkes Youth Art Hive</b> 6:30 - 8:30 PM (FREE)	<b>Homeschool Social Drop-in</b> 12:00 - 2:00 PM (FREE) <b>After School Drop-in</b> 3:15-5:15PM (FREE) <b>2SLGBTQIA+ Dinner + Social</b> Drop-in 6:00-8:00PM (FREE)
Friday	Saturday	SCAN TO REGISTER	
<b>After School Drop-in</b> 3:15-5:15PM (FREE) <b>Pizza, Skating &amp; Movie</b> 5:45-9:00PM (\$5)	<b>BIRTHDAY PARTY RENTALS</b> 11:00AM - 1:00PM <b>OR</b> <b>2:00-4:00PM</b> <b>\$170</b>		

#### Program Info

\*Closed on STAT Holidays and some Pro-D days\*

All programs are free or low cost for the community

- Drop-in Programs include snack
- Registered Program

#### HOW TO REGISTER:

- Online via [Saanich RecOnline](#) site, through the above QR code, or through this direct [LINK](#)
- Phone: 250-475-5462
- In person at G.R. Pearkes Recreation Centre Reception

G.R. Pearkes Recreation Centre  
3100 Tillicum Road Victoria, BC V9A 6T2, 250-475-5400

\*The Youth Centre entrance is located beside the 5 minute loading zone parking at the front of the building\*

Saanich

## SAANICH YOUTH SERVICES 2SLGBTQIA+ DINNER + SOCIAL

Ages 11 - 17

FLIPSIDE YOUTH CENTRE @ PEARKE'S REC CENTER  
THURSDAYS 6:00 - 8:00PM  
DINNER INCLUDED, DROP IN OR REGISTER ONLINE

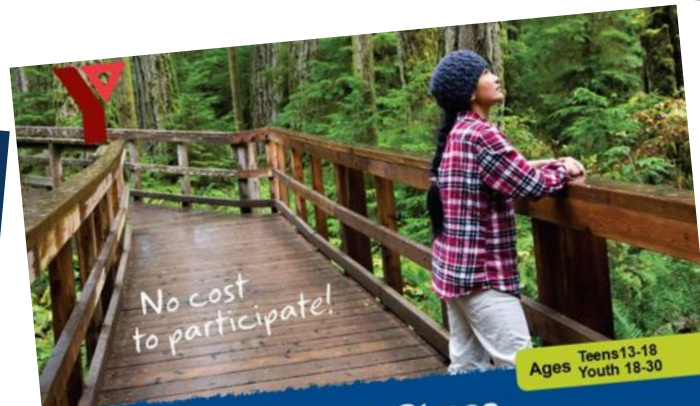
CLICK TO  
SIGN UP



WWW.SAANICH.CA

250 475 5462

TYLERA.SMITH@SAANICH.CA



No cost  
to participate!

Ages 13-18  
Youth 18-30

## Learn to Cope with Stress Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Our FREE FALL Y Mind groups are:

Teens-Tuesday evenings @ 6 pm, Oct 7- Nov 25, 202-1314 Lakepoint Way.

Teens-Wednesday evenings @ 6 pm, Oct 15- Nov 26 at Oaklands Comm. Centre

For more info please contact: [mindfulness@vancouverislandy.ca](mailto:mindfulness@vancouverislandy.ca) or call 778-584-7360

Please contact us if you are interested in a Youth (18-30) group, we can build it.



This free program is run by caring, trained staff, in a safe supportive environment.

\*Use the QR code to register for required info session



<https://vancouverislandy.ca/program-services/community-health/mental-wellness/>