

next week at colquitz

friday, september 26, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Shanah Tovah! to all of our family members who celebrate Rosh Hashana, which was this week. On Monday, staff were together for our first ProD Day of the year, with a focus on how we can use best practices to support students academically, physically, socially and emotionally.

One of those ways is by using indigenous pedagogies including the First Peoples Principles of Learning. The first principle is " Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors." One of the ways that we are trying to support that is to invite families and community members into the school more often to build in relationship and connection. As I mentioned in last week's newsletter, you are welcome to join us for Monday's Orange Shirt Day assembly, which starts at 9am. Please arrive by 8:45 so we can provide a seat for you.

This week we also saw Ultimate Frisbee and Cross Country in full swing, along with basketball practices starting. Clubs are also going strong, with Leadership, Rainbow Club, Garden Club and Mountain Bike Club. Many thanks to all of the staff who make these sports and clubs happen for our students!

Please don't forget that **Monday is Orange Shirt Day**—we appreciate students and staff wearing orange to show their support. Tuesday is of course the National Day for Truth and Reconciliation, which is a day of reflection and school is not in session. I will be going to the South Island Pow Wow at Royal Athletic Park, 1014 Caledonia Ave, hosted by the Songhees Nation, on Tuesday—I hope to see some of you there.

Have a wonderful sunny weekend with your friends and family.

- Carrie Schlappner, Principal



next week at a glance

- | | |
|------------------|--|
| Monday, Sept 29 | <ul style="list-style-type: none">• National Day for truth & Reconciliation (NDTR) Observed• Orange Shirt Day• NDTR Assembly at 9am—Families welcome to attend |
| Tuesday, Sept 30 | <ul style="list-style-type: none">• National Day for truth & Reconciliation—(NO SCHOOL) |
| Wednesday, Oct 1 | <ul style="list-style-type: none">• |
| Thursday, Oct 2 | <ul style="list-style-type: none">• Indigenous drumming @8.20am in foyer (everyone welcome, no experience required) |
| Friday, Oct 3 | <ul style="list-style-type: none">• Indigenous Student Lunch—Grade 6s |

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upcoming important dates—mark your calendars!

Monday, Oct 6	CPAPA Meeting @ 6.30 pm
Friday, Oct 10	World Mental Health Day
	Indigenous Student Lunch—Grade 7s and 8s
Monday, Oct 13	Thanksgiving — (NO SCHOOL)
Thursday, Oct 16	Great Shake out
Monday, Oct 20	Yom Kippur
	Diwali/Deepavali
Tuesday, Oct 21	Photo Retakes
	Book Fair
	PAC Meeting @ 6:30pm



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

one week to go...

****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

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

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

Weekly Calendar

Sept 29-Oct 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls 8 bball with Patrick. 7:30 *Gym set up 8:00	TRUTH AND RECONCILIATION			Gr 7 boys basketball 7:30
Lunch practice		NO SCHOOL	Touch rugby practice *GYM - Set-up for "Survivors" presentation	Grade 8 Boys Basketball	
After school practice	Grade 7 boys basketball		Gym - Take-down of "Survivors" presentation **Practice could take place for bball after chairs are put away	Mountain biking @ Harland 3:30 - 5pm	
Competition			Ultimate	X-country Meet @ Beaver/Elk Lake	

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MUSIC

General updates:

- ⇒ The first practice record of the year will be posted on google classroom on Sunday, September 28th. All practice records will be posted on Sunday morning and will be due the following Saturday on google classroom.
- ⇒ Students have been shown how to fill them out, an example will be attached to Katherine Forster's email.
- ⇒ If your student does not have a reliable way to access google classroom outside school, please email Ms. Forster or have the student come ask for a paper practice record. They will be made available if needed!
- ⇒ Please make sure your student has accepted the invitation to the google classroom. It is used a lot for band!

SCHEDULE:

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

Tuesday: Truth and Reconciliation Day (No School)

Wednesday: Band 6 Woodwinds Both Pods (Flute, Clarinet, Alto sax, Tenor sax) at 7:40 am. (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

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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) and/or Serena (SerenBirkSamra@gmail.com)

CPAPA News

BIG NEWS - We are VIRTUAL for our next meeting!

Monday, October 6 · 6:30pm – 7:30pm

Video call link: <https://meet.google.com/kri-tsmt-pdw>

Please join us to discuss all things Performing Arts at Colquitz!

MUSIC TOUR FUNDRAISING INFORMATION

FUNDRAISING COORDINATOR(S) NEEDED for our annual Poinsettia fundraiser!!! Please contact cpapainfo@gmail.com for more info - we'll support you!

See below for the annual Purdy's Fundraising information! Our campaign will end November 25th !

Questions? We are here to help - please contact us at cpapainfo@gmail.com

VOLUNTEERS NEEDED FOR FALL PLAY

Is your Grade 7 or 8 student involved in the Fall Play? We need your help to bring this production to life! From hair and makeup to costumes, set design, and back-stage support — there are many ways to get involved and make a difference.

Areas where we really need help:

- photographer to take pictures at the dress rehearsal and shows
- adult to help stage crew with sets and props, commitment is once a week at Sunday rehearsals

If you're able to lend a hand, please fill out the volunteer form and return it to Ms. Mackenzie, or email us at CPAPAINfo@gmail.com.

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Senior Music Tour Fundraiser



Purdys allows us to create individual student accounts, in which the profits raised by each student are deposited into a personalized account. These funds can be used towards the Senior Music Tour, or banked for a sibling's future tour. Due to Greater Victoria School District rules, should the tour not take place, funds raised will not be reimbursed; they will go to future

students in need, or CPAPA student-benefited purchases. Profit on all sales is 25%!

Instructions for Parents of Music Students

Create an account for your student:

Go to: <https://fundraising.purdys.com/2018469-129596>

Click on **JOIN A CAMPAIGN**

Login as a new member

If you have an existing account:

Enter **30524** (this is the Colquitz Customer Number) or email used for previous fundraising

Use your CHILD'S NAME as the account name to ensure the names of supporters and the dollars they are raising is showing beneath their name

To Order Chocolates

To purchase chocolates under your student's account, click on the SHOP ONLINE tab at the top of the page

To Share your Child's Account with Others (top left corner of your student's account)

You MUST invite others through the Purdys website for their orders to contribute to your child's account.

Copy the link using the icon on the Purdys website and paste it in an email or text; or

Press the Facebook or Twitter icons to share on social media

The new customer will join the campaign and sign up the same way, but their order will be nested under your child's order, so we'll know who to attribute the sale to.

Please DO NOT return order forms to the school. Payments and orders are made **online only**.

*****Parents will be responsible for picking up and distribution of their own child's orders**

Deadline for orders: Tuesday, November 25th

Order pickup: TBD please check the newsletter for updated pickup location and time)



If you have any questions please contact CPAPA at cpapainfo@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

▶️ **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-](https://familysmart.ca/help-for-the-hard-times-workshop/)

[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 or/ **Reachelle Wolfe** - rwuolle@thrivevictoria.org



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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 group is not intended for people who experience high levels of anxiety. We do individual in-takes 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.

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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TEEN LEADERSHIP PROGRAM

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.

Program Highlights

- 1 FREE Registration
- 2 Online via Zoom
- 3 Youth-Led
- 4 Earn up to 15 volunteer hours

2025 Schedule
SUNDAYS
Date: October 12th - December 07th
Time: 2:00PM - 3:30PM PST

Why Choose Us?

- Leadership Skills
- Life Skills
- Confidence
- Self Awareness

REGISTER NOW!

How to Register

1. Visit Our Website at yeyfoundation.org
2. Click 'Registration'
3. Click 'Open Youth Program Registration'
4. Fill Out & Submit Form

More Questions?
office@yeyfoundation.org
@YHEYFOUNDATION

Follow Us!

- @yeyfoundation
- @yeyfoundation
- @yeyfoundation
- Yey Foundation

Fall 2025 Teen Cohort Dates (Ages 13–18)

- Session 1: **Sunday, October 12, 2025** – The Ripple Effect
- Session 2: **Sunday, October 19, 2025** – Attitude Creates Your Life
- Session 3: **Sunday, October 26, 2025** – The Moment You Stop Blaming, You Take Back Your Power
- Session 4: **Sunday, November 2, 2025** – Take Action! With Small Steps
- Session 5: **Sunday, November 9, 2025** – Fail Forward to Success
- Session 6: **Sunday, November 16, 2025** – Drive Your Life with Powerful Habits
- Session 7: **Sunday, November 23, 2025** – Be A Student of Life
- Session 8: **Sunday, November 30, 2025** – Momentum is Your Responsibility
- Session 9 (Graduation): **Sunday, December 7, 2025**

Volunteer Hours

Each student who participates in the program receives **15 volunteer hours** that can be applied toward graduation requirements.

Registration

Students can register directly here: <https://linktr.ee/youthempoweringyouth>

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ROYAL CANADIAN NAVY MARINE ROYALE CANADIENNE

Sailor for a Day

Experience what it is like to be part of our Navy Team!

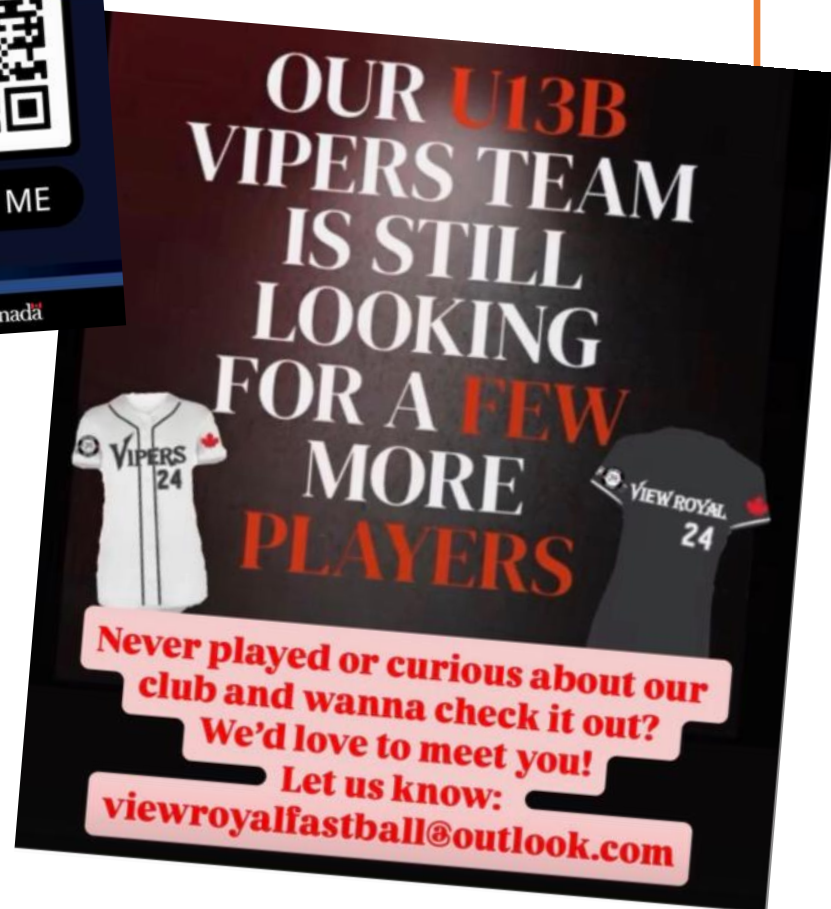
Try a day in the life of a sailor with the Royal Canadian Navy

SCAN ME

CANADIAN ARMED FORCES FORCES ARMÉES CANADIENNES

Canada

The poster features a group of six Royal Canadian Navy sailors in blue uniforms and caps, smiling and posing together. A QR code is prominently displayed in the lower right, with a 'SCAN ME' button below it. The top of the poster has the 'ROYAL CANADIAN NAVY MARINE ROYALE CANADIENNE' logo. The bottom includes the 'CANADIAN ARMED FORCES FORCES ARMÉES CANADIENNES' logo and the 'Canada' wordmark.



OUR U13B VIPERS TEAM IS STILL LOOKING FOR A FEW MORE PLAYERS

Never played or curious about our club and wanna check it out?
We'd love to meet you!
Let us know:
viewroyalfastball@outlook.com

The poster is black with white and red text. It features two baseball jerseys: a white one on the left with 'VIPERS 24' and a red maple leaf, and a dark grey one on the right with 'VIEW ROYAL 24' and a red maple leaf. The text is arranged in a bold, sans-serif font. The bottom section contains a call to action with a contact email address.

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PEARKES YOUTH CENTRE (FLIPSIDE)

WEEKLY CALENDER

10-17yrs

Sept-Dec 2025

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

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 YOUTH SERVICES

2SLGBTQIA+ DINNER + SOCIAL

Ages 11 - 17

FLIPSIDE YOUTH CENTRE @ PEARKES 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!

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 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.com/program-services/community-health/mental-wellness/>

BRITISH COLUMBIA
Supported by the Province of British Columbia