

# next week at colquitz

friday, october 03, 2025

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It has been a week full of reflection and learning.

Monday was our Orange Shirt Day Assembly, which included stories, drumming, a moment of silence and a chance to hear our school community's commitments to Reconciliation. Many thanks to family and community members who joined us this year, as well as the staff who organized and facilitated it, including members of the Reconciliation Circle.

We hope everyone had the opportunity to reflect on Truth and Reconciliation on Tuesday. My husband and I attended the South Island Pow Wow, which is always a heartwarming event. Seeing the sea of orange, and feeling that sense of everyone coming together for a common cause and purpose gives me hope for a better future for all students.

On Wednesday, Victoria Holocaust Theatre productions performed "Survivors" for our grade 8 students. It was a well acted and moving performance, and gave all of us a lot to reflect on regarding parallels between the past and present, and what we can all do in today's society to celebrate diversity and promote inclusiveness and acceptance of all cultures in our society.

On Friday, we held our first Indigenous Student lunch for grade 6s, and will host grades 7 and 8s on October 17th. We did circle, drummed, and enjoyed pizza together. We are looking forward to getting to know everyone and doing more activities together this year.

Have a wonderful weekend with your friends and family.

- Carrie Schlappner, Principal



## next week at a glance

- |                   |   |
|-------------------|---|
| Monday, Oct 06    | • CPAPA Meeting @ 6.30 pm   |
| Tuesday, Oct 07   | •   |
| Wednesday, Oct 08 | •   |
| Thursday, Oct 09  | • Indigenous drumming @8.20am in foyer (everyone welcome, no experience required) |
| Friday, Oct 10    | • <i>World Mental Health Day</i>  |

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## upcoming important dates—mark your calendars!

|                                     |  |
|-------------------------------------|--|
| Monday, Oct 13                      | Thanksgiving — <b>(NO SCHOOL)</b>                  |
| Tuesday, Oct 14 & Thursday Oct 16th | Community Action Bake Sale                         |
| Thursday, Oct 16                    | Great Shake out                                    |
| Friday, Oct 17                      | Indigenous Student Lunch—Grade 7s and 8s           |
| Monday, Oct 20                      | Yom Kippur<br>Diwali/Deepavali                     |
| Tuesday, Oct 21                     | Photo Retakes<br>Book Fair<br>PAC Meeting @ 6:30pm |
| Wednesday, Oct 22                   | Parent-Teacher Interviews                          |

## SUBWAY LUNCHES

We are pleased to offer Subway as a lunch option to order on Tuesdays. If you are interested, **order through School Cash Online**. The **weekly deadline** to place Subway orders for the upcoming week is **Sunday at noon**. We are unable to accept any orders after this deadline.



## PIZZA LUNCHES

If you are interested, you may order **through School Cash Online**. Please note that you need to order pizza WEEK TO WEEK, thus giving you the option to skip weeks if you so choose. You must get your **pizza orders** in each week by **Monday at noon**. There can be no exceptions.



**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](mailto:colquitz@sd61.bc.ca) or call 250-479-

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!**

| Oct 6-9               | MONDAY                           | TUESDAY                                 | WEDNESDAY | THURSDAY                             | FRIDAY                    |
|-----------------------|----------------------------------|---|-----------|--------------------------------------|---------------------------|
| Before school         | Girls 8 bball with Patrick. 7:30 |   |           | Grade 8 Boys Basketball 715am-815am  | Gr 7 boys basketball 7:30 |
| Lunch practice        |                                  |   |           |                                      |                           |
| After school practice |                                  |   |           | Mountain biking @ Harland 3:30 - 5pm |                           |
| Competition           |                                  | Touch Rugby game at Shoreline 3:45-5:30 | Ultimate  | X-country Meet @ UVic                |                           |

## Island Boxing Opportunity – Free!

Island Boxing, on Figgard St., is offering **free time slots on Mondays and Wednesdays between 4-5pm**. All equipment is provided.

Parents can fill out the registration form online:

<https://www.islandboxing.ca/>

or use this email to contact Yves Hebert:

[yhebert@sd61.bc.ca](mailto:yhebert@sd61.bc.ca)



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## MUSIC

### General updates:

- There is a CPAPA meeting on Monday, October 6 at 6:30 pm in the art room. Please come by if you can! There may also be an online option, I will try to send an update out that day if there is.
- Please make sure your student joins the band google classrooms!
- If your students miss a day, the agenda of each class in the week is posted to google classroom each Thursday! Look under weekly slides.
- The second practice record will be posted on Sunday morning. The first one is due on Saturday.

### SCHEDULE:

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

**Tuesday: Tuesday:**  
**BAND 7/8 at 7:40 am**

8:54 am: Band 6  
Green

9:36 am: Band 6 Orange

Lunch: Jazz Band  
(Please come right at lunch EATING time.  
Jazz band students eat lunch during silent reading)

### Wednesday:

10:33 am: Band 7

11:15 am: Band 8

### Thursday: JAZZ BAND at 7:40 am

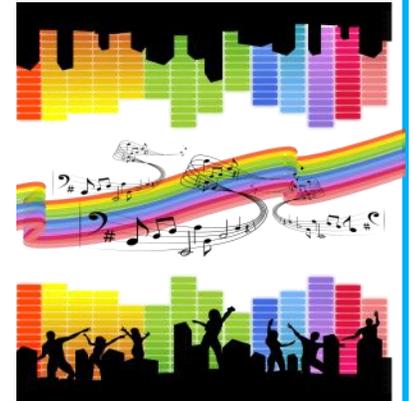
8:54 am: Band 8

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.**



## CPAPA NEWS

**UPDATE:** We are attempting a hybrid option for our next meeting!

Monday, October 6—6.30pm—7.30 pm

**For in person:** Join us in the Art Room at 6.30pm

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

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

**FUNDRAISING COORDINATOR(S) NEEDED BY OCTOBER 10TH!**

**OR**

**We will be unable to offer our Poinsettia fundraiser to benefit the music tour students this year!  
Please contact [cpapainfor@gmail.com](mailto:cpapainfor@gmail.com) for more info- (we'll get you started and support you along the way!)**

**Please see below for information on our annual Purdy's Fundraiser!**



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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)

#### NEW PROFIT STRUCTURE:

**15% PROFIT FROM \$100 - \$1249.99**

**25% PROFIT FROM \$1250 - \$4999.99**

**27% PROFIT FROM \$5000 - \$9999.99**

**30% PROFIT FROM \$10,000 and above**



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## ABOUT

This program is designed for athletes ages 12–15 with competitive swimming experience who will be introduced to biking and running in a supportive and structured environment. With a maximum of 8 athletes per coach, the program provides high quality instruction and individualized feedback.

Athletes will be introduced to the sport of triathlon while engaging in overall development and building connections to the Victoria Triathlon Collective training group, and Triathlon BC.

This program emphasizes both athletic growth and personal development. Each athlete is supported at their current stage and journey in triathlon with an emphasis on developing sport-specific skills, building values that extend beyond sport, and of course— fun!

The program runs with a goal of training towards the Victoria Youth Triathlon and Triathlon of Compassion in June, and the BC SuperSeries.



## WHEN

Tuesday & Thursday starting at 4:15.  
Saturday starting at 3:00.  
Practices are 75 minutes.

## WHERE

Training sessions will meet at  
Saanich Commonwealth  
Place.

## COST

\$175/month

## FOCUS

**Fall:** Focus on running

**Winter:** One weekly session on a bike trainer

**Spring:** Transition to outdoor riding 1-2 times per week as the weather improves.

Training volume will ramp up slightly in the Spring/Summer as the weather improves.

## PROGRAM

94 Forward supports triathletes in the Victoria Triathlon Collective (VTC) who are pursuing excellence at the national and international level. Kelly Guest, BC Provincial & VTC coach, serves as a guide for the program, which is coached by Jamie Harker. Jamie is a member of the VTC, and a 2022 Canada Summer Games Triathlete.

## DATES

**Orientation:** Thursday, October 7,  
online, 6pm

**Start Date:** Thursday, October 9

Fall registration is 15% off!



REGISTER HERE

 [events.94forward.ca](https://events.94forward.ca)

 [@94forward](https://www.instagram.com/@94forward)

 [staff@94forward.ca](mailto:staff@94forward.ca)



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**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

📅 **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)



## OCTOBER

This month, FamilySmart is here with spaces for you to connect, learn, and feel supported:

[Free Online Events](#): Join our Fall Series as we discuss ADHD and OCD.

[In-Person Events](#): Opportunities to come together with other parents and caregivers in Richmond and Cowichan Valley.

[Family Peer Support](#): Free, no-waitlist support from people who have been there too.

### ADHD – The Real Deal

**Obsessive Compulsive Disorder: It's more than overwhelming your hands**



[Join us online. It's free](#)

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

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 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.
- 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:



## TEEN LEADERSHIP PROGRAM

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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**NAVY MARINE**  
**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

Canada



**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](mailto:viewroyalfastball@outlook.com)



**COMMUNITY EVENTS FOR ALL!**  
COME RUN AND CHEER ON THE VIKES!

**CANADA WEST CHAMPIONSHIPS**  
CROSS COUNTRY 2025

**OCTOBER 25<sup>TH</sup>, 2025**  
@ ROYAL ROADS UNIVERSITY  
HOSTED BY:  
THE UNIVERSITY OF VICTORIA VIKES

**WEST SHORE PARKS & RECREATION**  
**RUNSPORT**  
**HOKA**

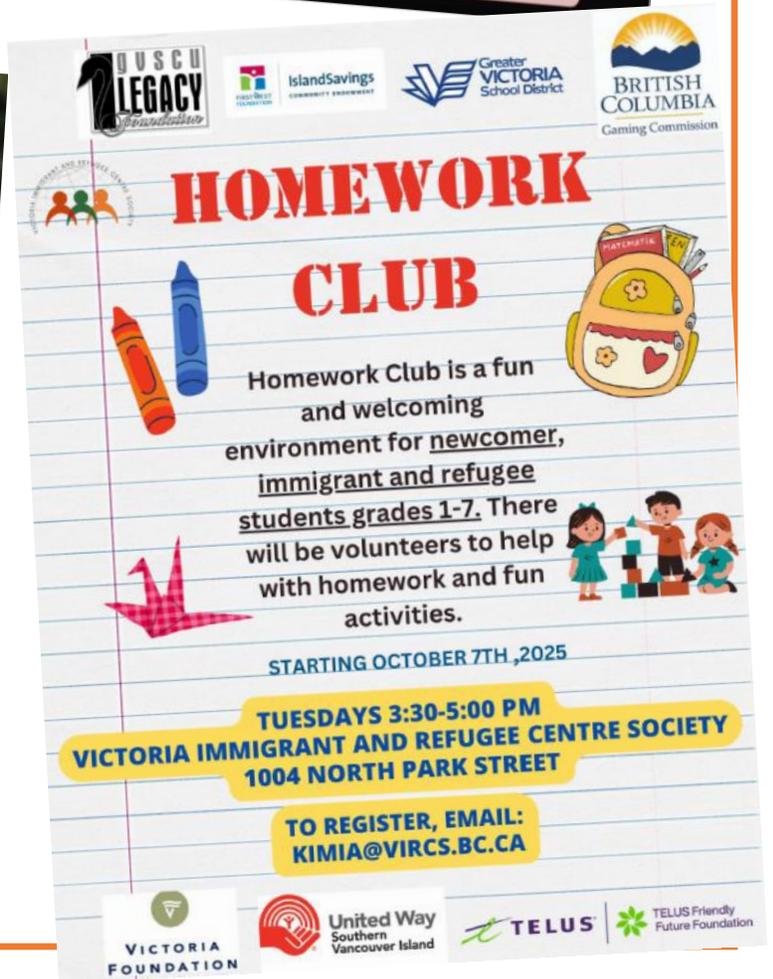
**COMMUNITY RUNS:**  
10:00AM - 1KM KIDS SUPER HERO RUN  
Sponsored by Westshore Parks & Recreation  
10:30 AM - COMMUNITY 8KM & MIXED 4 x 2KM RELAY  
Sponsored by RUNSPORT



SCAN or VISIT:  
[govikesgo.com/crosscountry](http://govikesgo.com/crosscountry)

**UVIC VIKES RACES:**  
12:00 PM - CANADA WEST WOMEN'S 8KM  
1:00 PM - CANADA WEST MEN'S 8KM

**VIKES**



**USCU LEGACY**  
**Island Savings**  
**Greater VICTORIA School District**  
**BRITISH COLUMBIA Gaming Commission**

**HOMESCHOOLERS**

**HOMESCHOOLERS CLUB**

Homework Club is a fun and welcoming environment for newcomer, immigrant and refugee students grades 1-7. There will be volunteers to help with homework and fun activities.

STARTING OCTOBER 7<sup>TH</sup>, 2025

**TUESDAYS 3:30-5:00 PM**  
**VICTORIA IMMIGRANT AND REFUGEE CENTRE SOCIETY**  
**1004 NORTH PARK STREET**

**TO REGISTER, EMAIL:**  
[KIMIA@VIRCS.BC.CA](mailto:kimia@vircs.bc.ca)

**VICTORIA FOUNDATION**  
**United Way Southern Vancouver Island**  
**TELUS**  
**TELUS Friendly Future Foundation**

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## Youth Night

Youth Night will be starting October 2<sup>nd</sup> from 4:00 PM to 6:00 PM every Thursday at the NLC.

**Come Join Us!**

Mark your calendars! We have a lineup of events planned for everyone. All newcomer immigrant and refugee students in grades 8-12 registered in School District 61 are welcome to join us at the NLC (located at Victoria High School).

If you enjoy arts and crafts, games, and other fun activities planned by VIRCS staff and volunteers please contact [enable@vircs.bc.ca](mailto:enable@vircs.bc.ca) for any questions.

## PEARKE'S YOUTH CENTRE (FLIPSIDE) WEEKLY CALENDAR

10-17yrs  
Sept-Dec 2025

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

**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:**

1. Online via [Saanich RecOnline](#) site, through the above QR code, or through this direct [LINK](#)
2. Phone: 250-475-5462
3. 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 @ PEARKE'S REC CENTER  
THURSDAYS 6:00 - 8:00PM  
DINNER INCLUDED, DROP IN OR REGISTER ONLINE

**CLICK TO SIGN UP**

[WWW.SAANICH.CA](http://WWW.SAANICH.CA)  
 250 475 5462  
[TYLERA.SMITH@SAANICH.CA](mailto:TYLERA.SMITH@SAANICH.CA)

No cost to participate!

Ages Teens 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@vancouverisland.ca](mailto:mindfulness@vancouverisland.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://vancouverisland.ca/program-services/community-health/mental-wellness/>