

next week at colquitz

friday, october 10, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Well, the weather has shifted—it may officially be fall now! We have soaked in the extra sunshine for the past few days, but now that things are getting colder and wetter, this is a reminder to families to please send your children with appropriate coats and shoes for the weather. If you need assistance with this, don't hesitate to contact me at cschlappner@sd61.bc.ca.

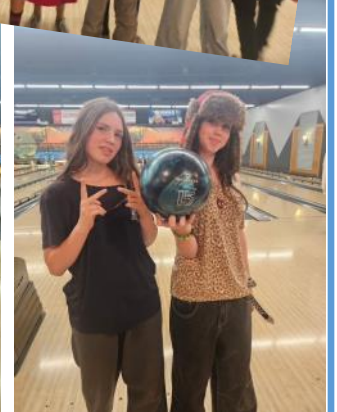
Yesterday, the Rainbow Club had a dance party parade to celebrate Coming Out Day, which is on October 11th. Many thanks to the staff and students who came out to support. Today, all of our lucky grade 8s had a fun morning bowling at Langford Lanes. Here are some photos to enjoy!

You will be receiving an email from your child(ren)'s teacher(s) in the next couple of days to sign up for Parent Teacher Interviews, which are on Wednesday, October 22nd from 2:30-7pm. If you cannot make that time, please email your child's teacher to connect at another time. If you ordered apples from PAC, they will be delivered then as well. We also will have a Book Fair for you to enjoy.

As we move into Thanksgiving weekend, I hope everyone is able to take time to relax and reflect on what they're grateful for. I am thankful for being at a school where so many people, including, staff, families and students, care for and take care of each other.

Have a wonderful long weekend with your friends and family.

- Carrie Schlappner, Principal



next week at a glance

- | | |
|-------------------|---|
| Monday, Oct 13 | • Thanksgiving — (NO SCHOOL) |
| Tuesday, Oct 14 | • Community Action Bake Sale at NB |
| Wednesday, Oct 15 | • Indigenous Student Lunch—Grade 7s and 8s |
| Thursday, Oct 16 | • Indigenous drumming @8.20am in foyer (everyone welcome, no experience required) |
| | • Community Action Bake Sale at NB |
| | • Great Shake out |
| Friday, Oct 17 | |

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upcoming important dates—mark your calendars!

Monday, Oct 20	Yom Kippur Diwali/Deepavali
Tuesday, Oct 21	Photo Retakes Book Fair PAC Meeting @ 6:30pm
Wednesday, Oct 22	Parent-Teacher Interviews • Early dismissal @ 1:49 • Conferences 2:30-7pm (dinner break 5:30-6pm)
Thursday, Oct 23	Book Fair
Friday, Oct 24	Pro D Day (NO SCHOOL DAY)

SUBWAY/PIZZA LUNCHES

We are pleased to offer Subway and pizza as a lunch option to order on Wednesdays and Thursdays respectively.

Online Ordering System

If you are interested, **order through School Cash Online**. The **weekly deadline** to place orders for the upcoming week is **Sunday at noon**. We are unable to accept any orders after this deadline.

Please note that there are no refunds for unclaimed pizza or Sub-way. 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 or call 250-479-1678.

Parent Teacher Conferences Wed, October 22nd

2:30-7pm (with a a dinner break from 5:30-6pm)

Early dismissal of students @ 1:49pm

Your child's teacher will be emailing a link for you to sign up

Looking forward to seeing you!



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!

Oct 13-16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	THANKS GIVING		Grade 8 Boys Basketball 715am-815am		Gr 7 boys basketball 7:30
Lunch practice		Grade 8 Boys Bball practice	Grade 6. Boys Basketball X-country wrap up run	Bball 7/8 rec girls practice	Grade 8 Boys Ball
After school practice		Gr 7 boys bball practice			
Competition			Colquitz IS NOT participating in this Meet. Runners can go to the meet with their family, however.		

****Cuts have been made to our boys 7 and boys 8 basketball team. We are desperate for a 7/8 boys rec coach**

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



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MUSIC

General updates:

Music Shirt Orders: For new students or needing a new size. Due October 30th

All music students need a Colquitz music shirt. They all need a shirt for part of their music uniform. This uniform is exactly the same for band, choir and strings. The shirts are \$12, and if your student grows, they can be sized exchanged later, given that they are still in good condition. The order form has all **ADULT** sizes. If you're unsure which size to order, your student can come see Ms. Forster during a break to try on shirts for size.

Students can pay online or take cash/cheque in a bag or envelope with the student's name and division on it and give it to Ms. Forster. Forms are available from Ms. Forster and posted on google classroom.

Extra help/practice space is available:

Tuesday: Nut break

Wednesday: Nut break and lunch recess

Thursday: Nut break

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 Woodwinds (Flute, Clarinet, Alto Sax and 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 up to class.



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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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October Theatre rehearsal calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lunch Royals + Hermes After School Sc. 8 (no ensemble)	2 Lunch Arte & Athe After School Art, Apo, Herm, Aph, Ares, Dio	3 Lunch STAGE CREW	4
5 Sunday Rehearsal 1:00 – 4:00pm (Champion scenes, no ensemble)	6 Lunch Homer & Copreus After School Sc. 10 (Champ + Sphinx)	7 Lunch DANCE After School Sc. 11 (no ensemble)	8 Lunch Homer & Copreus After School Sc. 14 (no ensemble)	9 Lunch Zeus & Hera After School All Gods & Goddesses	10 Lunch STAGE CREW	11
12	13 Thanksgiving Day	14 Lunch DANCE	15 Lunch Royals After School Sc. 15b (no ensemble)	16 Lunch Ares & Aphro After School Herm, Had, Dio, Apollo	17 Lunch STAGE CREW	18
19 Sunday Rehearsal 1:00 – 4:00pm (Champion scenes, no ensemble)	20 Lunch Bell & Achilles After School Sc. 17 (Champ + Nymphs)	21 Lunch DANCE After School Sc. 21 (+Zeus & Hera)	22 Lunch Citizens (sc. 12) After School Sc. 21 (+Zeus & Hera)	23 Lunch Arte & Athe	24 Pro-D No School	25
26	27 Lunch Homer + A, B, E, P After School Undead scene (all called that can!)	28 Lunch DANCE After School Sc. 6 (Champ + Stage crew)	29 Lunch Royals + Hermes After School Fight choreo review	30 Lunch Copreus After School Art, Apo, Herm, Aph, Ares, Dio	31 Halloween!	1



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.



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
Full registration is 15% off!



REGISTER HERE

events.94forward.ca

@94forward

staff@94forward.ca



MENTAL HEALTH DAY 2025 VCPAC EDUCATION TOWNHALL

**ENGAGING SPEAKERS.
ENGAGED COMMUNITY.
FOCUS ON
MENTAL HEALTH.**

Thu 23 OCT
2025

6:30 - 8:30
PM PM

Spectrum Theatre
957 Burnside Rd W.
Saatchi, BC



Parents, Caregivers, & Students
All Welcomed!
Childminding On Site.
Register Now



Make New Connections

Connect with other parents, PAC members, advocates, and support organizations in your community.

Engage With Speakers

Learn about your rights and discuss new approaches to child and youth mental health.

Access Resources

Get answers to your questions from District Leadership and take home information sheets and handouts.



PANELIST

Rachel Trebilco
District Vice-Principal
Indigenous Education Privacy Commissioner
of BC

SPEAKER

Michael Harvey
Information and
Director of Operations
of BC

PANELIST

Tracy Humphreys
Family Support Institute
of BC

PANELIST

Monique Moore
Registered Clinical
Counsellor

Supporting Community Partners:



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FamilySmart
Together-Centred

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://lisatate.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/>



FamilySmart
Together-Centred

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 over-



washing your hands

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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 LEADER SHIP 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 CANADIAN MARINE ROYAL 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

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

COMMUNITY EVENTS FOR ALL!

COME RUN AND CHEER ON THE VIKES!



CANADA WEST CHAMPIONSHIPS
CROSS COUNTRY 2025

OCTOBER 25TH, 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

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



2USCU LEGACY
FOUNDATION

Island Savings
COMMUNITY ENDORSEMENT

Greater VICTORIA School District

BRITISH COLUMBIA
Gaming Commission

HOMEWORK 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 7TH, 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 2nd 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 for any questions.












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 	

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 V8A 6T2, 250-475-5400

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

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



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!

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 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/>