

next week at colquitz

friday, december 5, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It's December! Who can believe it?

Just a reminder that our **Learning Updates** (report cards) are available on Parent Connect **TODAY**. An email was sent home yesterday with instructions, and will also be attached to the email with the newsletter, PLEASE go over them with your children to encourage reflection and goal setting for term 2.

This week are the performances of *Immortal Glory!* I am going tonight and am so excited. I keep hearing kids and staff say, "That was SO good!", "The play is AMAZING!" and "They did such a great job!" I have no doubt that they did and will see for myself in a couple of hours!

Have a wonderful weekend with your friends and family.

- Carrie Schlappner, Principal



next week at a glance

Monday, Dec 8

- CPAPA Meeting @ 6.30pm
- Candy Cane Grams
- Indigenous Student Lunch

Tuesday, Dec 9

- Candy Cane Grams

Wednesday, Dec 10

- Human Rights Day
- Winter Concert @ 1.15 pm & 7pm

Thursday, Dec 11

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

Friday, Dec 12

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upcoming important dates—mark your calendars!

Sunday, Dec 14	Hanukkah Begins
Tuesday, Dec 16	Spirit Day Holiday Sweater Contest Candy Cane Grams
Wednesday, Dec 17	Candy Cane Grams
Thursday, Dec 18	Cram the Cruiser
Friday, Dec 19	Last day of school (Winter Assembly) Pajama Day
Saturday, Dec 20	Winter Break Starts
Sunday, Jan 4	Winter Break Ends

Yearbooks are on sale now!

Yearbooks cost \$26.

To order your child a copy of the yearbook, please [click here](#).

- Yearbooks are delivered to students at the end of June



CANDY CANE GRAMS

Candy Cane Grams are being sold at lunch on December 8, 9, 16 and 17.

All proceeds go to the Children's Health Foundation of Vancouver Island.

Candy Cane Grams are 25 cents each. Please remind your kids to bring their quarters, loonies and toonies!

A **HUGE thank you** to the Gorge Road Shoppers Drug Mart, Tillicum Save-On-Foods, and Blanchard Street Save-On-Foods for donating all of the candy canes for this fundraiser!

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.**

Dec 8-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls 8 volleyball 7:00-8:10am			Girls 7 ⁸ volleyball 7:00-8:10am	7:30 bball practice w Jesse
Lunch practice			7 ⁸ girls rec volleyball practice		7 ⁸ girls rec volleyball practice
After school practice	Grade 8 Boys Basketball 4:15-5:45pm	Boys 7 ⁸ comp practice w Mr Robillard 3:00-5:00 Girls 7 ⁸ Comp practice w Kiet 5-6:30	WINTER CONCERT	Boys 7 ⁸ comp practice w Mr Robillard 3:00-5:00	Swim Club
Competition					

*** A gentle reminder to take a moment to thank your coaches for the time, dedication, and expertise they have shared with your child. We are grateful for the community members, parents, and staff who volunteer to ensure students enjoy a rich and rewarding experience at Colquitz.



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MUSIC

UPDATE

Tour Update:

It is not too late to sign up to come on the tour! If your student is intending to go, please get the form in ASAP. The first payment will be live on Tuesday and due Friday. Any music teacher will accept your form! All students who have turned in their form have been invited to the google classroom for tour. Ms. Forster needs to know how many people are going by DECEMBER 10TH. (Concert day) There will be forms available at the concert.

Once the students' form is in, they will be added to the list to be able to pay online.

Payment 1 is available on school cash online now! Payments can also be made via cheque to Colquitz Middle School (with student name payment 1 in memo) or cash with EXACT CHANGE. In a labeled bag or envelope with the kids name. Online payment is preferred. The payment is overdue but will be left open for a few weeks for anyone joining the trip late.

Information will always be included in Next Week at Colquitz (NWAC), Ms. Forster's weekly emails (for band students) and on the Tour Google classroom, once students are signed up and accept their invitation.

Katherine Forster is the person to contact with any tour related questions.

There is financial support available from CPA-PA, please contact Katherine Forster! No student will be denied access to the trip for reasons

of financial hardship.

Updates:

- CPAPA organizes a bake sale at each concert to help support the music programs at Colquitz. They are in need of **a lot** of helpers and volunteers for Wednesday's bake sale! Please sign up if you can help!

There is a CPAPA meeting this Monday, December 8th at 6:30 pm in the art room. There will also probably be a hybrid option available. Please join us!

Concert Info:

It is concert week! 3 times each year, we have concerts at Colquitz. (December, March and June) We do a concert in the afternoon for the school, and a concert in the evening for family, friends, etc! Please make sure your student is wearing/ has their full uniform to change into for the afternoon concert.



For the evening concert, students call time (when they must be there in full uniform) is 6:30 pm. Students may enter from the exterior band room door (where they enter for before school rehearsals). Parents, Guardians and anyone else should enter from the door to the immediate left (near the home ec room) or into the gym from the back parking lot.

We do not sell tickets in advance or charge for them! Just come in and find a seat! (there will be a few near the front with reserved signs) All other seats first come, first serve!

Continued....

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MUSIC

We appreciate that you want to support your student, but please refrain from coming into the band, drama or home ec room before the concert. These rooms are student's warm-up spaces (and are also VERY loud). Pictures are great, but please limit taking posed photos to before and after the concert and during intermission. This allows the students to remain focused and play their best! No flash photos when students are playing! You are welcome to record the performances for personal viewing.

Students (including choir and strings) are allowed to buy or eat anything from the bake sale until after the concert is done. Parents/Guardians are welcome to purchase bake sale items for their student, but they may not eat it until after the concert is done.

Students are required to stay for the entire concert. It shows respect to their peers who listen to their performance. Also, they can see where they will be! We also need everyone helping to clean the gym up after. We do our best to keep the concerts short and sweet! (1:15-1:30 is normally our run time!)

Shirts and Uniforms:

Music shirt orders have arrived! Students in strings and choir will be given their shirt on Monday, December 8th. Band students will be given their shirts Tuesday, December 9th in classes.

Please make sure that your student has either:

- Black pants (no stripes/patterns, no colour)
- Black socks
- Black shoes (ALL black, no colour or white)

Or

- Black shirt (MUST cover students knees when sitting on a chair)

- Black tights
- Black shoes (ALL black, no colour or white)

If finances are tight, please contact Caroline MacKenzie to borrow uniform pieces. We want students to look their best and perform their best!

Practice Records: New record up on Sunday! If your student needs a paper copy, they are available in the band room.

Extra help/practice space is available:

Tuesday: Nut break

Wednesday: Nut break and lunch recess

Thursday: Nut break

Schedule:

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.)

Wednesday:

Band 6 COMBINED at 7:40 am

10:33 am: Band 7

11:15 am: Band 8

Thursday:

JAZZ BAND CANCELED. Sleep in!

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

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CPAPA News



Next CPAPA meeting is Monday December 8th at 6:30.

Please join us online here:

<https://calendar.app.google/Sd1QWBnN6sD3YTXs9>

or in person in the Art Room.

Winter Concert bake Sale:

We need your baked goods and your help! Without your support we will not be able to raise funds to support your students and their pursuit of the Performing Arts at Colquitz!

<https://www.signupgenius.com/go/10C0F4AA4A923A2FDC52-60705400-winter#/>

CPAPA wishes to send a heartfelt thank you to our incredible parent volunteers for all of their efforts and contributions to this years poinsettia fundraiser and the fall play!!!

The magic of the performing arts at Colquitz is not possible without you!!! Thank you!!!!!!

PAC UPDATE

Hot Chocolate & Apple Cider



Hot Chocolate & Apple Cider – mark your calendars for December 19!

Prep is complete for Colquitz's annual **Hot Chocolate & Apple Cider** celebration! A big thank you to **Elaine Parker** for your help.

A huge thank you to **Scott Doust** for securing the hot chocolate donation from Sysco—what a sweet start!

Want to lend a hand? Sign up here: [SignUpGenius-CMSHotChocolate2025](https://www.signupgenius.com/go/10C0F4AA4A923A2FDC52-60705400-winter#/)

Only able to volunteer for a shorter time frame? No problem—just note it in the comments so we can plan around your schedule. Many hands make light work, especially when we're serving up mugs of holiday cheer to all the students and staff!

And don't forget to remind your student to bring a mug!

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Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.

Understanding, Supporting and Connecting with Teens with Depression

When our teens are struggling with depression, we can feel lost about how to best support them. How do we know when they are experiencing a mental health challenge and when should we intervene? Learn from Karen Peters, Registered Clinical Counsellor, and Victoria Keddis, a parent with lived experience, as they talk about how depression shows up in teens and ways of journeying with them through it.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

• **COST:** Free

• **DATES:**

Times are in Pacific Time (most of B.C.)

- Tuesday, December 2, 6:30pm
- Thursday, December 4, 6:30pm
- Tuesday, December 9, 6:30pm
- Wednesday, December 10, 12pm
- Thursday, December 11, 6:30pm



Register online at
familysmart.ca/events



⇒ **Understanding, Supporting and Connecting With Teens With Depression:**

When our teens are struggling with depression, we can feel lost about how to best support them. How do we know when they are experiencing a mental health challenge, and when should we intervene?

Join us to learn from Karen Peters, Registered Clinical Counsellor, and Victoria Keddis, a parent with lived experience, as they talk about how depression shows up in teens and ways of journeying with them through it.

Dates & Time:

Thursday Dec. 4th, 6:30 pm - 8:00 pm

Tuesday Dec. 9th 6:30 pm - 8:00 pm

Wednesday Dec. 10th 12:00 pm - 1:30 pm

Thursday Dec. 11th 6:30 pm - 8:00 pm

Watch Anytime: https://youtu.be/fYAMwBncAm8?si=RbK4xIIVD0y_BgBd

⇒ **Is your pre-teen or teen struggling with depression, anxiety, or other intense emotional difficulties? Are they getting into trouble or having severe behavioural difficulties?**

The Connect Parenting Program is an evidence-based 10-week attachment-based program that helps parents support youth ages 8-18 years, delivered in-person or online.

Time & Date: Tuesdays 12-1:30pm Jan 6 - March 10 2026

Location: 3939 St. Peters Rd.

More Information: www.connectattachmentprograms.org

Registration:



Sylvia 250-889-9438, smason@thrivevictoria.org or
Haley 250-889-9428, hkimmel@thrivevictoria.org




Greater Victoria GREEN TEAM


The Greater Victoria Green Team is hosting two fun, hands-on outdoor activities on **Dec 6 & Dec 13** at Dickson Woods forest to make a positive impact.

We'll be connecting with the community to remove invasive plants and help our environment in partnership with the Victoria Airport Authority! Learn about invasive plants like English ivy, how to remove them to create space for native species, & improve environmental health!!


  **NO Experience Needed!** All ages & abilities welcome! Bring your friends & family! Come for as much time as you'd like!


 **Dates:** Saturday **Dec 6** & Saturday **Dec 13**


 **Time:** 9:45AM – 1:00PM

 **What:** Remove invasive English ivy plants to help our

environment!

 **Where:** Dickson Woods, 1234 Willingdon Road, North Saanich

 **Provided:** Tools, gloves, snacks, and educational instruction!

 **You wear:** Long sleeves, long pants & closed-toe shoes
Activities take place rain or shine! ☔

 **More Info:** bit.ly/greenteam-dec6-2025 and bit.ly/gvgt-dec13-2025

 **Sign up by Email:** Kaitlin@GreenTeamsCanada.ca

⚡ Why join?

✓ Meet awesome new people! 🤝

✓ Improve mental health and well-being in nature 🌿

✓ Restore a green space & support biodiversity 🌳

✓ Enjoy DELICIOUS snacks 🍪🍌

✓ Earn volunteer hours 🕒

✓ HAVE FUN making a real difference! 😄

Whether you're looking for fresh air, exercise, volunteer hours, or a chance to meet like-minded people, there's something in it for everyone!

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**DID YOU LEAVE
YOUR HOLIDAY
SHOPPING UNTIL
THE LAST
MINUTE?**



JOIN US FOR OUR

HOLIDAY DROP & SHOP

DECEMBER 21ST
FROM 9:30AM - 4:00PM

REGISTER ONLINE OR
AT FRONT DESK:
#155746

LOCATED IN THE
FLIPSIDE YOUTH
CENTER

FOOD PROVIDED
IN REGISTRATION

DECEMBER 21ST 9:30AM - 4:00PM



REGISTER ONLINE OR AT
FRONT DESK: #155746

HOLIDAY DROP & SHOP



FOOD
PROVIDED:
PIZZA,
CUCMBERS,
& APPLES



Did you leave your holiday shopping until the last minute? Do you need a chance to pick up some gifts childfree? Bring them to the Flipside youth centre for a day of games, crafts, toys, movies, snacks and fun with our staff team while you shop!

LOCATED IN FLIPSIDE YOUTH CENTER

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THURSDAY DECEMBER 11TH

DROP-IN YOUTH NIGHT

5:30PM - 7:00PM

JOIN US AT THE YOUTH CENTRE FOR
A NIGHT OF GAMES :
NINTENDO SWITCH, FOOSBALL &
BOARD GAMES
+ DECORATING GINGERBREAD AND
HOLIDAY ORNAMENTS !

Where ?
Burnside Gorge
Community Centre
471 Cecilia rd.

ALL YOUTH WELCOME!
AGES 9 - 14

 Burnside Gorge

 250 388 5251  ANABELLE@BURNSIDEGORGE.CA  BURNSIDEGORGE.CA


NOW TAKING DONATIONS!
NON-PERISHABLE ITEMS
NEW TOYS
GIFT CARDS

12TH ANNUAL FOOD DRIVE

Cram THE CRUISER

THURSDAY
DECEMBER 11, 2025
DROP OFF AT
505 DUMERESQ ST


IN PARTNERSHIP WITH:
SAANICH POLICE
BURNSIDE GORGE COMMUNITY ASSOCIATION
COLQUITZ MIDDLE SCHOOL

SPECTRUM THUNDER ATHLETICS

WINTER 2025 VOLLEYBALL CAMP

**SUNDAY
30 NOV 2025
07 DEC 2025
14 DEC 2025**

**1:00 - 4:00 PM
AT SPECTRUM SCHOOL**

**REGISTER AT
THUNDERATHLETICS.CA/EVENTS**

Are You a Parent, Adoptive Parent, Kinship Parent, or Foster Parent?

Is your pre-teen or teen struggling
with depression, anxiety, or other
intense emotional difficulties? Are they
getting into trouble or having severe
behavioural difficulties?



is an evidence-based 10-week attachment-based
program that helps parents support youth ages 8-18
years, delivered **in-person** or **online**.

www.connectattachmentprograms.org

In person Tuesdays 12-1:30pm Jan 6 - March 10 2026 at 3939 St. Peters Rd.

**Contact us or visit our website if you're
interested in learning more.**

 Sylvia 250-889-9438
Haley 250-889-9428

 smason@thrivevictoria.org
hkimmel@thrivevictoria.org



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Host an International Student



JOIN VICTORIA'S HOSTING COMMUNITY

Short Term Stays (2 weeks - 3 months) & Long Term Stays (5 months +)
Middle School Students & High School Students

\$1260 per month provided for student support (pro-rated for short term programs)



250-592-6871
homestay@sd61.bc.ca
www.studyinvictoria.com



Saanich

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/>