

# next week at colquitz

friday, January 30, 2026

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Happy last school day of January!

On Monday, students got a rest from learning while staff engaged in a variety of professional learning. One group did the "Signs of Lekwungen Tour". Here is more information on it:

*This is the land of the lək'wəŋən People, known today as the Esquimalt and Songhees Nations. As you travel through the city, you will find seven carvings that mark places of cultural significance. To seek out these markers is to learn about the land, its original culture, and the spirit of its people.*

*Created in 2008, The Signs of lək'wəŋən consist of seven unique site markers that designate culturally significant sites to the Songhees and Esquimalt Nations along the Inner Harbour and surrounding areas. The markers are bronze castings of original cedar carvings that were conceptualized and carved by Coast Salish artist and master carver, Butch Dick with his son Clarence Dick Jr.*

*At 2.5 meters high and weighing close to 1000 pounds, the markers depict spindle whorls that were traditionally used by Coast Salish women to spin wool and were considered to be the foundation of a Coast Salish family.*

*Anyone can do this walking tour, and here is the link if you'd like to do it yourself or with your family:*  
<https://ied.sd61.bc.ca/wp-content/uploads/sites/112/2020/11/Signs-of-Lekwungen.pdf>

Have a wonderful weekend with your friends and family.

- Carrie Schlappner, Principal



Spindle Whorl at Songhees Point

## next week at a glance

Monday, Feb 2	• Black Heritage Month Assembly @ 9am
Tuesday, Feb 3	•
Wednesday, Feb 4	•
Thursday, Feb 5	•
Friday, Feb 6	•

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## upcoming important dates—mark your calendars!

Monday, Feb 9	CPAPA Meeting @ 6.30pm Indigenous Student Lunch
Tuesday, Feb 10	Spirit Day: Twin Day
Wednesday, Feb 11	Cycle 2 Theatre Pull-out starts
Thursday, Feb 12	Palentine's Day (observed)
Friday, Feb 13	<b>Pro D Day (No School today)</b>
Monday, Feb 16	Family Day ( <b>No School today</b> )
Tuesday, Feb 17	Chinese/ Lunar New Year Ramadan begins PAC Meeting @ 6.30pm

## Survival Socks

"The Survival Socks Initiative is back at Colquitz! The students in the Leadership Club are collecting small toiletries/ personal care products for our Survival Socks. Our goal is to put together 100 socks stuffed with these items and deliver to people in need. Last year we donated 92 fully loaded socks to Our Place Society.



We are looking to collect new warm, dark coloured adult socks (crew or longer), toothbrushes, toothpaste, dental floss, travel size mouth wash, small (hotel size/ sample size) shampoo, conditioner, body wash, soap, small tissue packages, feminine hygiene products, combs, band-aids, q-tips, hand sanitizer or wipes and new or nearly new crew (or longer) adult sized socks. We can also stuff the socks with small non-perishable items such as Granola bars, fruit leathers and packages of gum."

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.**

Feb 2- Feb 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls 7/8 Comp practice w Kiet 7:00am	<u>Grade 6 boys</u> <u>rec</u> <u>7:45am</u>		Girls 7/8 Comp practice w Kiet 7:00am	7/8 girls Rec Practice 715am
Lunch practice	Boys 7/8 practice	Boys 7/8 practice ?	7/8 girls rec volleyball practice	Grade 6 Boys rec	Grade 6 girls volleyball
After school practice			Grade 6 girls volleyball	Boys 7/8 comp practice with Mr Robillard 3:00-5:00	Swim Club
Competition	Boys 7/8 @Royal Oak	Girls 6/7 Rec @ home	7/8 girls blue @ Glanford 7/8 girls white @ Shoreline	6/7 boys rec @Journey	

**Please email Christine Crljenkovic [ccrljenkovic@sd61.bc.ca](mailto:ccrljenkovic@sd61.bc.ca) if  
you are interested.**



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## MUSIC UPDATE

### Tour Update:

- ♦ Tour forms are due Thursday, February 12th. Please ensure they are returned by then.
- ♦ Students may return them to any music teacher, or the office and have them leave it in Ms. Forster's mailbox.
- ♦ The forms must be turned in for your student to be able to come on the trip!
- ♦ A few people have not paid for tour payment #2. Ms. Forster will reach out soon, or please email her to check.
- ♦ Tour payment 3 should go up next week!
- ♦ If you have not yet had a meeting (or attended the one on Jan 14th) please email Ms. Forster to arrange a time.

### Term Check-In #2

- ♦ Term Check-in #2 went out today! It is also attached to this email. Students have 2 exercises in the book for their check-in. They must complete both exercises to finish their check-in!



- ♦ Please see Katherine Forster's email for more information.



### Schedule:

#### Tuesday:

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

8:54 am: Band 6 Green

9:36 am: Band 6 Orange

Lunch: Jazz Band (Please come right at lunch EATING time.)

#### Wednesday:

**7:40 am: BAND 6 COMBINED**

10:33 am: Band 7

11:15 am: Band 8

#### Thursday:

**7:40 am: JAZZ BAND**

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

CPAPA Monthly meeting on:

**Monday February 9 at 6:30 PM in the Art Room (In Person)**

<https://meet.google.com/jvs-njts-ihc> (Virtual)

- Come and find out what exciting plans we have for the winter and spring term
- We are looking for parents and caregivers to join and prepare to carry CPAPA through the 2026-27 school year! Help keep the performing arts alive at Colquitz!

Drop us a line at [cpapainfo@gmail.com](mailto:cpapainfo@gmail.com) if you are interested



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## PAC UPDATE



PAC minutes from the January meeting are available on the CMS website. Click [here](#) to stay informed.

The current PAC Executive consists of two grade 8 parents - a small and mighty team - who will be leaving the school at the end of the school year. A PAC Executive is required in order to apply for and receive the Gaming Grant, which is the PAC's primary source of funding. These funds directly support the many valuable opportunities available to our students.

As we look ahead, new volunteers will be essential to ensure the continued success of the PAC and its ability to support the school.

Please keep this in mind and watch for information about PAC elections taking place in the spring.

## Musical Theatre

### Information Meeting for Families

Thank you to all the families who joined us on **Monday, January 26** for the Musical Theatre information meeting about this year's production of ***The Lion King Jr.***! It was wonderful to see such a great turnout. The evening included an overview of what to expect, the support and help needed, and a sneak peek at some of the costumes. The thoughtful questions and lively discussion made for a fantastic and informative session.

### Craft Night – February 2 @ 6:30 pm

To kick things off, we're excited to host a **Craft Night on Monday, February 2 at 6:30 pm in the Art Room**. Come learn about the creative process and help make items for the show—no experience is needed! Bring some snacks, get ready to craft, and enjoy the chance to meet other parents. Please note: this is an **adults-only** event so we can stay focused. The hope is to continue hosting Craft Nights **twice a month** throughout the production.

### Volunteering Opportunities

Volunteers play a vital role in making this production a success! If you're interested in helping out, please contact Serena Samra at [SerenaBirkSamra@gmail.com](mailto:SerenaBirkSamra@gmail.com) and let her know which area you'd like to support:

- Props
- Costumes
- Hair and Make-up
- Backstage Support
- Tickets
- Concession Stand
- Photography
- Videography



Thank you for your enthusiasm and support—we look forward to another amazing Musical Theatre season!



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## 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



## Pizza Update!

We are now offering a **gluten-free pizza option** for pizza day. The price per slice will still be \$4.00 but the slice size is slightly smaller than the regular.



## Saanich Parking Survey – We Need Your Input!

Watt Consulting Group is working with the District of Saanich to update local off-street parking regulations. As part of this project, families, staff, and volunteers are invited to complete a short travel survey to help understand how our school community gets to and from school.

### Survey links:

- **Parents & Guardians:** [School Travel Survey – Parents & Guardians](#)
- **Staff & Volunteers:** [School Travel Survey – Employees & Volunteers](#)

The survey only takes a few minutes to complete and will help shape future parking needs at Saanich schools.

**Deadline: Saturday, January 31 at 11:59 p.m.**

If you have any questions or comments, please contact **Tim Shah** (WATT Consulting Group - [tshah@wattconsultinggroup.com](mailto:tshah@wattconsultinggroup.com)) or

**Adam Smith** (District of Saanich - [adam.smith@saanich.ca](mailto:adam.smith@saanich.ca)).

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FamilySmart  
Together-Centred

## ⇒ For Families:

### A Conversation About Eating Disorders

Knowing how to help our kids who are experiencing an eating disorder can be a terrifying, isolating and overwhelming experience. Learn about disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

Join us as Victoria Keddiss hosts a conversation with Eating Disorders Therapist & Educator Carmen Kaufmann, and Rylee McKinlay, a young person with lived experience, and Terri McKinlay, a parent with lived experience.

#### Time & Dates:

Wed. Feb. 4th at 6:30 pm

Thurs. Feb. 19 at 6:30 pm

Thurs. Feb. 26 at 6:30 pm

Watch Now: <https://youtu.be/KMvvWz89YE8?si=yLhmfxrJOc73Y7B8>

## ⇒ Mental Health and Preparing for the Transition to Post Secondary:

After high school, post-secondary education for our youth can be exciting but also stressful if they have struggled with their mental health. You're not alone. Discover some ways we can prepare our youth for school, and support their mental health and independence while they are at school. Join us to listen to this video conversation featuring Dawn Schell from the University of Victoria, Melissa Feddersen from the University of British Columbia Okanagan and Victoria Keddiss, a parent with lived experience; as they discuss strategies and points to consider as your youth embarks on this transition.

#### Time & Dates:

Thurs. Feb. 5th at 12 pm

Tues. Feb. 24 at 6:30 pm

Watch Now: <https://youtu.be/iaq3ho9X0FE?si=T1oCfYt214oyU0Ye>

## ⇒ Parenting ADHD Children – A Neuro-Affirming Approach

This presentation is designed for parents of school-aged children and focuses on building a deeper understanding of how the ADHD brain works. We will explore how some aspects of ADHD can act as a strength in certain situations, and a challenge in others, helping parents better understand and support their child.

Parents will learn **neurodiversity-affirming communication strategies** to reduce power struggles and strengthen connection. We will also discuss practical ways to support task initiation and task completion, especially for non-preferred tasks, without relying on rewards or consequences.

The session will **highlight concrete, usable strategies**. Parents will leave with tools they can use immediately, greater compassion for their child's nervous system, and a clearer roadmap for supporting their child in a way that builds confidence, autonomy, and success.

**Time & Date:** Wednesday February 18th, 6:30 pm - 8:00 pm (On-line)



Register online at  
[familysmart.ca/events](https://familysmart.ca/events)



FamilySmart  
Together-Centred

**Register:** <https://familysmart.ca/online-events/>

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PARKS, RECREATION  
& COMMUNITY SERVICES

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

10-17yrs

Jan-May 2026

### 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)

Flipside Fridays (Jan-Mar)  
4:00-7:00PM (\$30)



Teen 2 Chef (Apr-May)  
5:00-7:30PM (\$15)

### 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:

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\*