

# next week at colquitz

friday, february 13, 2026

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It has been a week of mixed emotions.

The school shooting in Tumbler Ridge is incomprehensible and tragic. This is challenging for adults to process, let alone our students. We provided staff with information to support students, and we trust everyone received the resources for parents provided by the district. If needed, we also can access our District Critical Incident Response Team (CIRT) to assist us in addressing the emotional and psychological needs of those affected.

Please reinforce to your children that we are here to support them if this brings up big feelings for them. Email your child's teacher or me or Ms Drouin if you'd like your child to connect with one of our counselors as well. Our condolences if this incident impacted you and your family more directly.

While honoring the news of Tumbler Ridge, we also needed to continue on to ensure students had a sense of normalcy. We enjoyed activities this week such as our Indigenous student lunch, drumming at the Saanich Municipal Hall, Twin Day, and Palentine's Day.

We hope everyone will be able to use this four-day long weekend to reflect, rest, and rejuvenate. Take good care.

- Carrie Schlappner, Principal



## next week at a glance

Monday, Feb 16

- Family Day **(No School today)**

Tuesday, Feb 17

- Chinese/ Lunar New Year
- Ramadan begins
- PAC Meeting @ 6.30pm

Wednesday, Feb 18

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Thursday, Feb 19

- Earthquake Drill @9.40am

Friday, Feb 20

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## upcoming important dates—mark your calendars!

Monday, Feb 23	CC Day #2 (Early Dismissal @ 11.45 am)
Wednesday, Feb 25	Shivratri
	Pink Shirt Day
Saturday, Feb 28	Ramadan Begins
Monday, March 2	CPAPA meeting @6.30 pm
Wednesday, March 4	Cycle 2 Theatre Pull-out ends
	Spectrum course selection
Friday, March 6	Spirit Day: Dress like a teacher/student day
	Treat Sale
Monday, March 9	Fire drill @ 9am

## 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*

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**

## 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 pizza.



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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 16- Feb 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	<b>Family Day</b>	Girls $\frac{1}{2}$ Comp practice w Kiet and Mark 7:00am	Grade 6 boys rec 7:45am	Girls $\frac{1}{2}$ Comp practice w Kiet and Mark 7:00am	$\frac{1}{2}$ girls Rec Practice 7:15am
Lunch practice			$\frac{1}{2}$ girls rec volleyball practice	Grade 6 Boys rec	Grade 6 girls volleyball
After school practice		Boys $\frac{1}{2}$ practice with Mr Robillard 3:00-5:00		Boys $\frac{1}{2}$ comp practice with Mr Robillard 3:00-5:00	Swim Club
Competition			$\frac{1}{2}$ girls Comp white @home $\frac{1}{2}$ girls comp blue @ home	6/7 boys rec @Royal Oak	**Spectrum Tournament Friday and Saturday $\frac{1}{2}$ Boys & $\frac{1}{2}$ Girls. Begins at 12:00. See your child's schedule link below + 2026 T...

[2026 Thunder Cup Classic \(Girls & Boys Divisions\)](#)

Please email Christine Crljenkovic [ccrljenkovic@sd61.bc.ca](mailto:ccrljenkovic@sd61.bc.ca) if you have any questions



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## MUSIC UPDATE

### Tour Update:

- ⇒ The rooming and lunch selection form will be posted Tuesday morning on the tour google classroom. If your student needs a paper copy, let Ms. Forster know.
- ⇒ Students have been asked to decide the person they want to room with on tour.
- ⇒ **Tour payment 3 is up! The payment is 10.00 less per student (before district fees) than posted on the forms! It will remain open until spring break begins, but please pay it as soon as possible.**

**Term Check-In #2** are due today, Thursday, February 12th.

**Students have 2 exercises in the book for their check-in. They must complete both exercises to finish their check-in!**

There are several students still needing to complete their term check-in. Students may now either submit a video or come see Ms. Forster during breaks when help and practice space is available.

Students who do not complete their term check-in by Monday, February 23rd will be held for CC day on that day. Emails will be sent out by Ms. Forster on Thursday, February 19th to request students to stay.

Students may retest their check-ins until Thursday, February 26. They may resubmit a video or come in during a

break to resubmit. The best combination of attempts will be taken!



### 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.*

## ***Musical Theatre***

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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## PAC UPDATE

Just a reminder that the Arbutus Parent Advisory Council (PAC) is pleased to invite **interested parents from all of the middle schools** in the Greater Victoria School District to the following **Parent Education Evening** hosted at Arbutus Global Middle School:

**Topic:** Mental Health & Wellness in the Middle Years

**Date & Time:** Thursday, February 19<sup>th</sup> from 7:00 to 8:30 PM including time for questions

**Location:** Arbutus Global Middle School (2306 Edgelow Street) in the school cafeteria

**Presenter & Description:** Monique Moore, GVSD61 District Counsellor and Registered Clinical Counsellor, will be facilitating a conversation with parents of middle schoolers focused on supporting your child's mental health and wellness. The following will be highlighted: trends in youth mental health and wellbeing; mental health literacy; awareness and how to have helpful conversations with your child; and accessing community resources.

Space is limited; while there is no cost, participants must pre-register via our online registration [link](#) and will be accepted on a first-come first-serve basis until we reach capacity.

## Survival Socks

Thanks to the incredible generosity of our Colquitz community, our leadership students and helpers assembled 122 fully stocked socks, along with additional boxes of much-needed supplies, for Our Place Society. At a time when donations have been limited, your contributions have made a tremendous impact.

*Thank you again for your kindness and support!*

The Arbutus PAC Invites Greater Victoria School District Middle School Parents to attend a Parent Education Session

### MENTAL HEALTH & WELLNESS IN THE MIDDLE YEARS

Thursday, February 19<sup>th</sup>  
7:00 to 8:30 PM

Location: Arbutus Middle School (2306 Edgelow St) in the school cafeteria

Presenter Information:

Monique Moore, GVSD61 District Counsellor and Registered Clinical Counsellor

Session Description:  
A conversation around Youth Mental Health and Wellness will highlight:  
- trends in youth mental health and wellbeing  
- mental health literacy  
- awareness and how to have helpful conversations with your child  
- accessing community resources  
- time for questions is built into the session

No cost to participate, advanced registration required via the [link](#) sent from your school.

agms.pac@gmail.com



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## Craft Night for the Musical

### Craft Night – A Huge Success!

Our first Craft Night on February 2 was a wonderful success with a great turnout. Thank you to everyone who came out to craft, connect, and support the production—it was fantastic to see so much enthusiasm in the room!



We're excited to keep the momentum going. **The next Craft Night will take place on February 23 at 6:30 pm in the Art Room.** No experience needed. Bring some snacks, enjoy crafting together, and meet other parents while helping create items for the show. Please note that Craft Nights are **adults-only** so we can stay focused.

## INVITATION



The Saanich Police have invited Colquitz to join them in their DAC event held at the Commonwealth Pool on Family Day.

This is an open event to the community, and a chance to share a variety of culturally diverse activities. We have been asked to share our drumming.

The event is from 12:00 - 2:30 on Monday, February 16th.

We will drum at 12:20 for about 20 minutes. Please arrive at 12-12:10 pm to gather and set up.

We would love to have you help lead and/or join this drumming for the community. We will do 5 songs: the Lekwungen Celebration Song, the Ice Breaker Song, the Children's Blessing Song, Wildflower Song, Cherokee Morning Song, and Travelling Song.

All are welcome- friends and family too!

***As this is not a school event and is on a holiday, you will need to attend with a parent and/or guardian.***

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## BC's Drug Crisis Information Session for Parents & Teens

- Wednesday, February 18th, 6:30pm-7:30pm at SJ Willis Auditorium
- Join experts in the field to ask questions and learn about the current state of BC's toxic drug crisis and things you can do to keep yourself & your friends safe

*Please let us know you're coming here: <https://forms.gle/kqzTUzTZjBtkH3aJA>*

## VCPAC SAFETY TOWNHALL FEBRUARY 26, 2026

ON-SITE CHILDMINDING AVAILABLE!  
PIZZA & GAMES FOR THE KIDS.

## CREATING SAFE & CONNECTED SCHOOLS

- K-12 Safety Framework
- Data and Trauma-Informed Practices
- Shared Responsibility among Partners

### COME SHARE YOUR STORIES & ASK QUESTIONS!

#### SPEAKERS

- DEB WHITTEN, SD61 Superintendent
- SEAN POWELL, SD61 Associate Superintendent
- GEOFF JOHNSON, Former Superintendent
- CHRIS CLARKE, GVTA Health and Safety Officer

Feb 26, 2026  
6:30-8:30PM

ESQUIMALT HIGH  
847 Colville Rd.

FREE TO REGISTER

<https://forms.gle/z3zU9VA647AWqz7R8>



**LET'S TALK ABOUT**  
**BC'S DRUG CRISIS**  
Real questions. Real answers. No judgment.

Wonder what's really going on with toxic drugs in BC?  
Not sure what's fact and what's just rumors?  
**VCPAC invites families & teens to come ask your questions and hear from people who work on the front lines.**

With:

- Dr. Jill Wiwcharuk, Addiction Medicine Physician
- Davana Harlow, Clinical Coordinator, Discovery Youth & Family Substance Use Services
- Katy Booth, Researcher, Canadian Substance Use Research UVic
- Shae Perkins, Harm Reduction Peer Educator, Avi Health & Community Services
- Aura Boggs, Education Team, Avi Health & Community Services

Use the QR code to submit your anonymous questions ahead of time.

**SJ WILLIS AUDITORIUM**  
Wednesday, February 18<sup>th</sup> - 6:30pm to 7:30pm  
923 Topaz Ave, Victoria, BC  
No wrong questions. Just information and support.

## VCPAC Safety Town Hall

- Thursday, February 26th, 6:30pm-8:30pm at Esquimalt High
- Onsite childminding with pizza & games available for kids
- Come hear about SD61's safety plan and ask questions directly to the district
- Speakers include Deb Whitten (Superintendent), Sean Powell (Associate Superintendent), Geoff Johnson (Former Superintendent) and Chris Clarke (GVTA Health & Safety Officer)

*Please let us know you're coming here: <https://forms.gle/Khzfkp5ResGUViVUA>*

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## ⇒ 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 Keddis 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 Keddis, 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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Announcing a new fundraiser:

## "THE CARD PROJECT" is coming to our school!

"The Card Project" is an art-based fundraiser. The children are working on a special art project that can be professionally printed on a range of beautiful, quality products.

Every child will receive a free greeting card that showcases their own art.

Orders open Monday, February 23



Your child's artwork will be online at [www.TheCardProject.ca](http://www.TheCardProject.ca)

Our school's access code is CQ37

The deadline for orders is **Sunday, March 8**

with delivery in the week of March 30 - April 3.

This is a wonderful fundraising initiative for our school. We receive 20% of the sales.

Questions? Contact Marcelle at [Marcelle@TheCardProject.ca](mailto:Marcelle@TheCardProject.ca)

Victoria Women's Transition House

# Spring Break Camp

9:30am - 3pm | **MARCH 16<sup>TH</sup> - 20<sup>TH</sup>** | for female identifying youth ages 11-13

LEARN ABOUT HEALTHY RELATIONSHIPS, SELF-CARE, BOUNDARIES, SELF COMPASSION AND MORE

CAMP IS FREE AND WILL INCLUDE SNACKS/LUNCHES

WE WILL BE BUILDING SKILLS AND LEARNING THROUGH CONVERSATIONS, ART, AND FUN OUTINGS

OUTINGS INCLUDE MANICURES, JEWELRY MAKING, POTTERY PAINTING AND MORE

To inquire or register email: [hayleew@vwth.bc.ca](mailto:hayleew@vwth.bc.ca) or call/text 250 216 1228

**PEARKES YOUTH CENTRE (FLIPSIDE)** *10-17yrs*

**WEEKLY CALENDAR**

**Jan-May 2026**

Monday	Tuesday	Wednesday	Thursday
After School Drop-in 3:30-5:30PM (FREE)  Girls on the Go - Girls Group 6:00 - 8:00 PM (FREE) 	After School Drop-in 3:30-5:30PM (FREE)  Magic: The Gathering Club 6:00 - 8:00 PM (FREE) 	After School Drop-in 3:15-5:15PM (FREE)  Pearkes Youth Art Hive 6:30 - 8:30 PM (FREE) 	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	Saturday	SCAN TO REGISTER	Program Info
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) 	BIRTHDAY PARTY RENTALS 11:00AM - 1:00PM OR 2:00-4:00PM \$170 		*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\*