

# next week at colquitz

friday, February 06, 2026

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

We started our week with an assembly for Black History Month and our Culture Club did a wonderful job hosting the assembly.

Our Grade 8 students had an adventure to Mount Washington for some winter activities in the sun and snow.

Despite the minimal snow, the students had an amazing time as evidenced by the photos!

The transfer process begins on Monday February 9th until February the 12th (no later than 3:30pm). Please see the link below if you need to apply for a transfer and follow the instructions provided.

<https://www.sd61.bc.ca/registration/student-transfer-process/>

Enjoy a wonderful weekend!

- Carrie Schlappner, Principal



## next week at a glance

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

- **Pro D Day (No School today)**

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## upcoming important dates—mark your calendars!

Monday, Feb 16	Family Day ( <b>No School today</b> )
Tuesday, Feb 17	Chinese/ Lunar New Year Ramadan begins PAC Meeting @ 6.30pm
Thursday, Feb 19	Earthquake Drill @9.40am
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

## 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 9- Feb 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls $\frac{1}{2}$ Comp practice w Kiet 7:00am	Grade 6 boys rec 7:45am		Girls $\frac{1}{2}$ Comp practice w Kiet 7:00am	
Lunch practice			$\frac{1}{2}$ girls rec volleyball practice	Grade 6 Boys rec	
After school practice		Boys $\frac{1}{2}$ practice 3:00-5:00		Boys $\frac{1}{2}$ comp practice with Mr Robillard 3:00-5:00	PRO D
Competition	Boys $\frac{1}{2}$ @Home	Girls 6/7 rec @St Joe's	$\frac{1}{2}$ girls blue @ St. Margs $\frac{1}{2}$ girls white @ Home $\frac{1}{2}$ Girls Rec @ Victor Brodeur		

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. Emails were sent this week.
- ⇒ **Tour payment 3 should go up next week!**  
*The list has been sent to our accounts clerk. Since so many students had money fundraised, it takes a bit longer to have it posted! The payment will be \$10.00 less per student (before district fees) than posted on the forms!*

Term Check-In #2 due this week. Please see Ms. Forster's weekly email for all 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

## 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

### VOLUNTEER OPPORTUNITIES



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* 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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## *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.

### Junior Youth Empowerment Program

### **New free weekly after school program**

Junior Youth Empowerment Program is a program which assists young people to gain a deeper understanding of their own potential and empowers them to contribute meaningfully to the progress of their communities!

The program will support middle school students with academic enhancement, social and emotional development, and positive decision-making. Workshops and activities help students develop essential life skills that enhance personal growth and connectedness with peers. We will be doing discussions, planning and implementing service projects, and activities to help them learn and explore their talents and interests.

Currently we are prioritizing those who register but we can welcome any students who want to try and check it out even if they aren't registered. If a student is interested but the timing doesn't work with their current schedule please contact us because we have other groups and programs offered on other days!

**Wednesdays - 3pm-5pm (After school)**

**Start Date: Feb 11 (weekly)**

**Location: Colquitz Library**

**Snacks Provided**

More information and to register:

[pegah@junioryouth.ca](mailto:pegah@junioryouth.ca)

250-634-4395

<https://tillicum.junioryouth.ca/register/junior-youth>

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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)

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



## PEARKES YOUTH CENTRE (FLIPSIDE) WEEKLY CALENDAR

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\*