

# next week at colquitz

thursday, april 02, 2026

## THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

It's been a lovely but short first week back after Spring Break here at Colquitz. The sun was out from time to time, and it sounds like it will be around a bit this coming long weekend. Hooray!

Many divisions went on a variety of field trips this week, and we expect many more as the weather improves. Tuesday was International Transgender Day of Visibility, Wednesday was the first day of Passover and April Fools Day, and Thursday was World Autism Awareness Day.

Our Culture Club and many of our students with Jewish ancestry helped facilitate a Passover activity on Wednesday. We had a school-wide announcement and slideshow to increase understanding of Passover, as well as a display in the foyer. We also invited all students to the foyer to enjoy some matzah bread, which is a staple of Passover meals. Matzah is a flat, unleavened bread eaten during Passover and has two symbolic roles: It is called "poor man's bread," reminding people to be humble and remember their modest beginnings. Conversely, it symbolizes the haste of leaving slavery when the Jews escaped Egypt, making it a "bread of freedom".

If you have not yet had the chance to view your child's Learning Update with them, please do so today! The instructions on how to do so were emailed in March; it involves going on Parent Connect or Student Connect. We appreciate you taking the time to honour all of their efforts and hard work, and model reflection about how things went and to create goals for term 3.

Enjoy this extra long weekend with your friends and family,

- Carrie Schlappner, Principal



## next week at a glance

- |                    |  |
|--------------------|--|
| Monday, April 6    | • Easter Monday <b>(NO SCHOOL TODAY)</b> |
| Tuesday, April 7   | • World Health Day                       |
| Wednesday, April 8 | •  |
| Thursday, April 9  | •  |
| Friday, April 10   | •  |

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## upcoming important dates—*mark your calendars!*

Monday, April 13	CPAPA Meeting @ 6.30pm
Tuesday, April 14	Vaisakhi/Baisakhi
Monday, April 20	Indigenous Student Lunch
Tuesday, April 21	Earth Day
	PAC Meeting @ 6.30pm
Wednesday, April 29	Theatre Pull-out starts
	Student-Led Conferences @2.30-6.30pm
	Dinner from 5-5.30pm
	Early Dismissal @ 1.49pm
Monday, May 4	CPAPA Meeting 6.30pm

## 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***

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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.

Apr 7-Apr10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Easter Monday	Recess meeting re track and field		Girls $\frac{7}{8}$ comp vball w Mark and Kiet	
Lunch practice		Intramural Badminton Field Hockey Practice (Outside Library Field)	Field Hockey Practice (Gym) Shotput practice Discus practice w Mr Arnott	Intramural badminton	
After school practice		Badminton practice Rugby Library field 2:50-4:15	Open track and field practice library field	Mountain Biking 3:45-5pm at Hartland Rugby Library field 2:50-4:15	
Competition			Badminton Exhibition Home	Field Hockey @ UVIC Field 2	

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



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## Kids Run May 3rd, 2026

One of our goals at Colquitz Middle School is to raise awareness of childhood cancers and to support Pediatric Oncology for Vancouver Islands' Kids through fundraising events! We are proud to be teaming with Kids Run 2026 once again this year May 3rd, 2026.

You can support this very important cause by participating in our school fundraiser (toonie challenge), volunteering at the event, donating online through Kev (beginning April 7th-your donation will go towards your child's grade challenge), and most importantly registering for the 1km or 5 km walk/run.

When you register, please use the team Colquitz School team.

<https://raceroster.com/events/2026/116365/kidsrun-victoria-2026>

You can also contact Christine Crljenkovic at the school. [ccrljenkovic@sd61.bc.ca](mailto:ccrljenkovic@sd61.bc.ca), Megan Schuring [mschuring@sd61.bc.ca](mailto:mschuring@sd61.bc.ca) or Ashleigh Albach [aalbach@sd61.bc.ca](mailto:aalbach@sd61.bc.ca)

Through research funding, social support and ongoing education, we CAN make a difference.

## PAC UPDATE

### April Meeting

**Our next PAC meeting will be held on April 21 at 6:30 pm in the library.**

This will be the final meeting of the current PAC Executive before the AGM.

Curious about getting involved? Come along and bring your questions! The Executive roles available for the upcoming year are:

- ⇒ Chair
  - ⇒ Vice Chair
  - ⇒ Treasurer
  - ⇒ Secretary
  - ⇒ Social Media Officer
  - ⇒ VCPAC Representative
- May AGM & PAC Elections

The PAC Annual General Meeting (AGM) will take place on May 19 at 6:30 pm in the library.

PAC elections will be held at this meeting! Having a PAC Executive is essential. It's required to apply for and receive the Gaming Grant, which is the PAC's primary source of funding. These funds directly support the many valuable programs and opportunities available to our students.

As we look ahead, new volunteers are vital to ensure the PAC can continue supporting our school community.

**Interested in joining the PAC Executive or learning more?**

Email [SerenaBirkSamra@gmail.com](mailto:SerenaBirkSamra@gmail.com) or [Kop-pleanne@gmail.com](mailto:Kop-pleanne@gmail.com)

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## MUSIC UPDATE

### Tour Update:

*It is finally here!*

- ◆ *If you were unable to attend the meeting on Wednesday, please reach out to Katherine Forster to get information and send your student with \$2.00 for a gift for our bus drivers.*
- ◆ **Call times:** Call 6:30 on Wednesday. Please do not arrive more than 10 minutes before, as the doors will still be locked.
- ◆ **Uniforms:** Please make sure uniforms are top tier. If you are unable to get all black shoes, socks and pants, please send your student to see Ms. MacKenzie to borrow items. It is very important!
- ◆ **Food to bring and avoid:** Please make sure your student eats breakfast on Wednesday, and brings a packed lunch and snacks for the trip. Please avoid any put products.
- ◆ The google classroom for tour is the place to find the full itinerary, packing list, and any updates!
- ◆ If you normally order pizza for your students on Thursday, this is a reminder that we will still be in Port Alberni!

If you or your student has questions, please email Ms. Forster at [kforster@sd61.bc.ca](mailto:kforster@sd61.bc.ca)

**Practice Records:** Practice records have resumed as usual.

### Schedule:

**Please see changes and read carefully**

#### Tuesday:

**7:40 am: TOUR BAND** (if your student is not joining us on tour, they do not need to attend)

8:54 am: Band 6 Green

9:36 am: Band 6 Orange

**Extra help/practice space is available:**

*No extra space is available next week due to tour and preparations. Sorry!*

#### **Nut Break: Tour STRINGS**

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

**After school: Pack up for tour students. Please come to the band room!**

#### Wednesday:

**7:40 am: BAND 6 COMBINED (All instruments, both pods) This class will run with a TTOC. Please ensure that your student is there!**

10:33 am: Band 7 **CANCELLED**. Students will stay with their advisory classes.

11:15 am: Band 8 **CANCELLED**. Students will stay with their advisory classes.

#### Thursday:

**7:40 am: JAZZ BAND CANCELLED.**

8:54 am: Band 8 **CANCELLED**. Students will stay with their advisory classes.

9:36 am: Band 6 Green (**This class will run with a TTOC.**)

10:33 am: Band 7 **CANCELLED**. Students will stay with their advisory classes.

11:15 am: Band 6 Orange (**This class will run with a TTOC.**)

#### Dates To Note:

**Wednesday-Thursday, April 8-9: TOUR!**

**Monday, April 20th:** CPAPA meeting 6:30 in the art room, digital option available via NWAC.

**Thursday, May 7th:** Band 6 Festival at Spectrum

**Saturday, May 9th:** Esquimalt Buccaneer Days Parade

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## CPAPA Update

### Calling All Colquitz Performing Arts Parents and Caregivers!

The Colquitz Performing Arts Parents Association (CPAPA) is hosting a Volunteer Info Night—and everyone's invited!

Come learn how to get involved with the performing arts program, meet other amazing parents, and discover how you can help make the magic happen behind the scenes. Whether you're interested in joining the executive team or just lending a hand at events, there's a place for everyone!

This is a huge opportunity to shape the future of parent involvement in CPAPA and help build a strong, creative community that supports our talented student performers.

What's Happening:

- Treats and refreshments
  - A quick, casual info session about volunteer roles
- Great company and creative conversation

#### Event Details

Date: Monday April 20, 2026

Time: 6:30 PM

Location: Arts Room



Bring your enthusiasm (and your appetite) and find out how to support the talented student performers of Colquitz.

Come for the treats—stay for the teamwork and the chance to make a lasting impact on the future of the Arts programs at Colquitz!

Please stay tuned to the Colquitz PAC Facebook page for more upcoming opportunities for parents to support our teachers and students in keeping Colquitz Performing Arts programs alive and thriving!

## SPECTRUM VOLLEYBALL

Our in-house league is a great chance for Glanford and Colquitz students to build confidence and grow their volleyball skills. It also creates meaningful leadership opportunities for our Spectrum students—many of whom are former Glanford/Colquitz kids—bringing things full circle.

### REGISTRATION LINK:

[https://docs.google.com/forms/d/e/1FAIpQLSfwR6uqqVemAkQzFQ2Pl5FjBAchxO0Vz2AVIT\\_amSH5FISYA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfwR6uqqVemAkQzFQ2Pl5FjBAchxO0Vz2AVIT_amSH5FISYA/viewform)

HOSTED BY SPECTRUM VOLLEYBALL PROGRAM FOR GIRLS AT COLQUITZ & GLANFORD MIDDLE SCHOOLS GRADES 6 - 8

Thunder  
SPECTRUM  
VOLLEYBALL  
IN-HOUSE LEAGUE

INCLUDES T-SHIRT + MEDALS

APRIL 8 - MAY 6

EVERY WEDNESDAY 5:00-7:00PM

TO REGISTER - SCAN THE QR CODE, FILL OUT THE GOOGLE FORM & PAY THROUGH SCHOOLCASHONLINE LINK

\$150 + FEES  
LIMIT OF 48  
PARTICIPANTS

www.thunderathletics.ca

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## BC Summer Games Kelowna 2026 – Ultimate Frisbee Zone 6 Vancouver Island – Central Coast Tryouts!

Ultimate is back at the BC Summer Games for 2026, and Zone 6 (Vancouver Island – Central Coast) is gearing up.

We are inviting eligible athletes to try out for the Zone 6 ultimate team competing in Kelowna from July 23–26.

The tournament features mixed play. Male and female matching athletes born in 2011, 2012, or 2013 are eligible to try out.



### TRYOUT DATES:

- April 21 – Victoria (6:00–8:00 PM, Beckwith Park)
- April 23 – Victoria (6:00–8:00 PM, Beckwith Park)
- April 25 – Nanaimo (1:00–4:00 PM, location TBD)

Athletes are encouraged to attend more than one tryout where possible.



(QR code for registration page)

### Coaching staff:

Head Coach: Danny Saunders  
Assistant Coach: Taryn Webster

\* Registration is required. Use the Link or QR code for registration and more information.

Link: <https://yups.bc.ca/e/bc-summer-games-2026-zone-6-tryouts>

Please share with eligible athletes and programs across Zone 6.

Still have questions? (i) Tryouts: [bcgameszone6ultimate@gmail.com](mailto:bcgameszone6ultimate@gmail.com)  
(ii) General questions: [Youth@yups.bc.ca](mailto:Youth@yups.bc.ca)

Since 1993

# Soccer Day Camps 2026

...more than just a soccer camp!

**Keep the SAVINGS Rolling,  
Pay Less Today,  
Until June 1**

✓ July & August weeks

✓ Ages 5 to 13

✓ Morning & Full Day sessions

✓ Before & After Care available

**For more information:**

[royalsoccerclub.com](http://royalsoccerclub.com)

800-427-0536

For location & registration details visit our website.

**Mornings** Starting from **\$165**/week

**Full Days** Starting from **\$249**/week

\* Limited time, discounts vary, see website  
Additional discounts for week 1 & 6 (4 day weeks)

## PEARKES YOUTH CENTRE (FLIPSIDE)

### WEEKLY CALENDER

10-17yrs

Jan-May 2026

<p><b>Monday</b></p> <p>After School Drop-in 3:30-5:30PM (FREE)</p> <p>Girls on the Go - Girls Group 6:00 - 8:00 PM (FREE)</p>	<p><b>Tuesday</b></p> <p>After School Drop-in 3:30-5:30PM (FREE)</p> <p>Magic: The Gathering Club 6:00 - 8:00 PM (FREE)</p>	<p><b>Wednesday</b></p> <p>After School Drop-in 3:15-5:15PM (FREE)</p> <p>Pearkes Youth Art Hive 6:30 - 8:30 PM (FREE)</p>	<p><b>Thursday</b></p> <p>Homeschool Social Drop-in 12:00 - 2:00 PM (FREE)</p> <p>After School Drop-in 3:15-5:15PM (FREE)</p> <p>2SLGBTQIA+ Dinner + Social Drop-in 6:00-8:00PM (FREE)</p>
<p><b>Friday</b></p> <p>After School Drop-in 3:15-5:15PM (FREE)</p> <p>Flipside Fridays (Jan-Mar) 4:00-7:00PM (\$30)</p> <p>Teen 2 Chef (Apr-May) 5:00-7:30PM (\$15)</p>	<p><b>Saturday</b></p> <p>BIRTHDAY PARTY RENTALS 11:00AM - 1:00PM OR 2:00-4:00PM \$170</p>	<p style="color: yellow; font-weight: bold;">SCAN TO REGISTER</p>	

**HOW TO REGISTER:**

- Online via [Saanich RecOnline](http://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 V9A 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

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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.



### Emotion Regulation Part 2: Deepening Our Understanding

Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on egg shells because we're scared of another big emotional outburst. Watch our second video conversation with Nicole Allen, Registered Clinical Counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies that can help.

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

- **COST:** Free
- **DATES:**
  - Tuesday, April 7, 6:30pm
  - Tuesday, April 21, 12:00pm
  - Wednesday, April 29, 6:30pm

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### Dates & Time:

Tues. April 7th, 6:30pm - 8:00pm  
Tues. April 21st, 6:30pm - 8:00pm  
Wed. April 29th, 6:30pm - 8:00pm

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

**Watch Now:** <https://youtu.be/2kANrAkqSJA?si=2x7idY7SwVIWt4UL>

## Supporting Our Kids With Substance Misuse while Caring For Ourselves:

As parents and caring adults, the way we talk about and understand substance use can deeply influence the young people in our lives. Supporting young people who are misusing substances while taking good care of ourselves can be difficult. Learn some evidence-informed approaches from Alex Lekei (MA, CCAC), addictions counsellor, and Kim Dunlap, a mom with lived experience, that can help us with communication, boundaries and relationships.

### Dates & Time:

Thurs. April 16th, 6:30pm - 8:00pm  
Thursday April 23rd, 6:30pm - 8:00pm

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

**Watch Now:** <https://youtu.be/ZxdqNwy-nQU?si=T2FcJdLvfi9rQjw8>

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  - Thursday, April 16, 6:30pm
  - Thursday, April 23, 6:30pm



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

